



Frenotomy Aftercare Instructions for Infants

What to Expect

You may nurse, bottle feed or give your baby a pacifier as soon as you'd like following the procedure. A small amount of bleeding is common within the first few days.

You may use Tylenol, Ibuprofen (if 6 months of age or older), arnica, Rescue Remedy or other measures as needed to help with pain control.

Tylenol Infant suspension (160mg/5mL).

6-11 pounds- 1.25 mL

12-17 pounds- 2.5 mL

18-23 pounds- 3.75 mL

24-35 pounds 5 mL

It is important to understand that any open oral wound likes to contract toward the center. We encourage postoperative stretches in order to dilate the wound and prevent premature reattachment.

Stretches

Wash your hands well prior to your stretches. Gloves are recommended for stretches.

We recommend stretches be completed 3 seconds at a time per site, every 6 hours, day and night for 6 weeks.

Upper lip

Place your finger under the lip and move it up as high as it will go and hold for 3 seconds. Gently sweep your finger from side to side for several seconds. The goal is to keep the sides of the wound open to prevent them from sticking together and reattaching.

Tongue

Place both index fingers under the tongue and lift backward towards the tonsils. Lift upward and back as much as you can and hold for 3 seconds and then relax. Use one index finger to gently lift the tongue. Place your other index finger in the middle of the diamond and do a gentle circular motion and then a rolling pin motion to dilate the wound. Gently massage the floor of the mouth to help release tension. Gently massage the lower gumline. Your baby's tongue will follow your finger. This will help strengthen the lateral movements of the tongue.

Follow Up

Follow up in our office is not required unless you have concerns. We encourage you to continue to work with your lactation consultant following the procedure. We would love to see your child again for a first dental check up around age one. Thank you for entrusting your baby's care to us!

IT IS ESSENTIAL THAT YOU FOLLOW-UP WITH YOUR LACTATION CONSULTANT AFTER THE PROCEDURE TO ENSURE OPTIMAL RESULTS.

CALL OUR OFFICE FOR ANY OF THE FOLLOWING:

Uncontrolled bleeding

Refusal to nurse or take a bottle

Fever > 101.5