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## Frenectomy 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 if needed to manage discomfort. 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 post-operative stretches in order to dilate the wound and prevent premature reattachment.

### Stretches

Wash your hands well prior to your stretches. We recommend stretches be completed 3-4 times per day for 3 weeks and then tapered through the end of the 4<sup>th</sup> week.

#### Upper lip

Place your finger under the lip and move it up as high as it will go. 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 upward toward the roof of your baby's mouth. Lift upward as much as you can and hold for 1-2 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!