

## THERE ARE TWO IMPORTANT CONCEPTS TO UNDERSTAND ABOUT ORAL WOUNDS:

1. Any open oral wound likes to contract towards the center of the wound as it is healing (hence the need to keep it dilated open).
2. If you have two raw surfaces in the mouth in close proximity, they may stick together.

## PURPOSEFUL STRETCHING:

### GET IN. GET OUT.

- Post-procedure stretches are key to getting an optimal result.
- These stretches are NOT meant to be forceful or prolonged. Be quick and precise with your movements.
- It is recommended that you purchase an affordable LED headlight to allow you to get the best results.
- We highly encourage you to approach these exercises in a positive manner.
- You do not need to wake your infant while he/she is sleeping during the night but instead, be sure to complete a thorough stretch after he/she wakes after a longer stretch of sleep.

## YOU MAY NOTICE:

- You may see a few drops of blood in the saliva after a stretch of the site(s). This is normal and will typically result if areas of the healing site were sticking together. The key is to use this same pressure in subsequent stretches.
- The healing process increases saliva production. Also, your infant may be adjusting to a new range of motion and can have difficulty controlling saliva. This is usually temporary.

## NORMAL POST-TREATMENT OCCURRENCES

### Increased fussiness during first week

Be sure to use lots of skin to skin contact. This increases oxytocin levels, lowering pain sensitivity.

### Trouble with latch during first week

Due to the initial soreness and re-learning of suck, feedings may be inconsistent the first week. In some cases, latch or symptoms may worsen before they get better. It is critical to work with an IBCLC for any feeding related issues.

### Increased choking and spitting up

Some babies may have a harder time adjusting to an increased milk flow. This is usually temporary and should be addressed with your IBCLC.

### Increased sleeping

This may be due to medication, exhaustion, or that the infant is feeling better and is more satisfied. Sleep may act as a coping mechanism for discomfort.

## WHEN YOU NEED TO CALL THE DOCTOR

Although rare, please do not hesitate to call the office (469-649-1130) if you experience the following:

- Fever greater than 101.5F
- Uncontrolled bleeding
- Refusal to feed (bottle and/or breast) for over eight hours



**Home care information  
for post-op**

## What you may expect after the procedure:

Please note that not all babies follow the typical healing timeline depicted below

Day 1-3	Week 1	Weeks 2-3	Week 4
Baby will be sore, expect baby to be fussy	Soreness: starts to taper off days 7-10	Implement suck training exercises 2-3x daily	Post-op stretching routine no longer necessary, gentle messaging of new frenulum encouraged
Healing "white patch" forms, this is "nature's band-aid"	Baby may be fussy	Healing patch shrinking	Healing patch gone and new frenulum takes final shape and position
Pain meds given as needed	Baby is re-learning how to suck	New Frenulum forming	Bodywork, OT, PT, and LC follow-ups as needed
May have trouble with latch	Feedings may be inconsistent	Bodywork and LC follow ups as needed	Continual progress with feeding
Have back up feeding plan and comfort measures prepared	LC follow up within the first five days highly recommended	Start to see signs of improvement with feeding	
	establish daily tummy time routine		

## Pain Management Recommendations:

### Under 6 months:

Infant Acetaminophen/Tylenol (160mg/5ml concentration)  
Dose based on weight; given every 6-8 hours for first few days as needed for pain.

### Over 6 months:

Infant's Motrin (50mg/1.25mL) (for those over 6mo— give every 6-8hr)

12-17lbs (6-11mo) = 50mg = 1.25mL  
. 18-23lbs (12-23mo) = 75mg = 1.875mL

### Natural Remedies

**Breast milk chips** — Can act as a natural numbing agent and help with pain. Freeze flat in a baggie and place tiny pieces under the lips, tongue or cheek and let melt slowly.

**Organic Coconut Oil** — best kept chilled and safe for any age. Simply apply small dab to treated areas 4-6 times a day.

### Homeopathic Remedies

Homeopathy is system of holistic medicine that stimulates the body to heal itself. It uses high dilute solutions specially prepared from natural plant and mineral extracts which are gentle on the body and produce very little risk of side effects. Homeopathy is ideal to use with infants, pregnant and nursing women, chemically sensitive individuals, and those seeking a more natural alternative to pharmaceuticals.

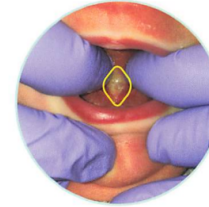
### Suggestions:

1. Bach Kids Rescue Remedy
2. Chamomilla (irritability and inflammation) — Boiron Camilla single doses
3. Arnica Montana 30C (wound healing) — Dissolve 5 pellets in 1 oz dropper bottle of distilled water; give 5-10 drops every 2-3 hours as needed. Store chilled
4. Staphysagria 6C (wound healing) — 1 pellet 2x/day (dissolve pellet in distilled water)

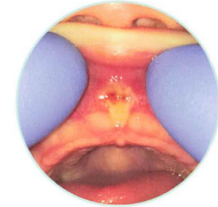
## What are the "white diamond" healing patches?

The released area will form a wet, soft scab after the first day. This is nature's "band-aid" and while typically white in color, in some cases it is yellow. The diamond will typically peak in size by day five and then start to shrink over the following weeks.

Lingual Healing Site (Tongue)



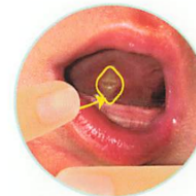
Labial Healing Site (Lip)



## Stretching protocol:

Stretch each site 5x daily for 3 seconds. You do not need to wake your infant while he/she is sleeping during the night but instead, be sure to complete a thorough stretch after he/she wakes after a longer stretch of sleep.

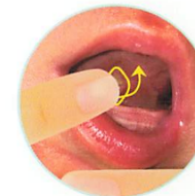
1 Second



**PUSH...**

directly into the bottom edge of wound site with one index finger, using other hand to stabilize.

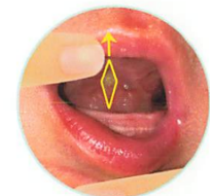
1 Second



**SCOOP...**

upwards to lift up the tongue or lip until finger rests at the top of the diamond.

1 Second



**STRETCH...**

- up the tongue to ensure the diamond elongates vertically
- up the lip to ensure visibility of the entire wound site.

