



DR. PAIGE PRATHER

LIP-TIE & TONGUE-TIE
SOLUTIONS

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LIP-TIE AND TONGUE-TIE POST-OP INSTRUCTIONS

****In case of emergency call (615) 669-7610****

Common post-operative healing consequences:

- There can be a small amount of swelling of the surgical site. This does not require any treatment
- Low grade fever (99-102 degrees F) is common in the first 48 hours
- Slight bleeding of the surgical area for one to two days: ***IF bleeding does not stop with nursing or pressure with gauze within 10-15 min, contact Dr. Prather.***
- ***Extreme fussiness and frustration the first day. Baby will go through a witching hour (1-2 hours of inconsolable). This can happen anywhere in the first 5 days.***
- Improvement with breastfeeding may not be immediate. It can take time for your baby to learn how to use his/her tongue and other orofacial muscles in an effective manner. The re-learning period can take up to 4 weeks or more.
- A thin, flexible layer of white/yellow is normal healing- It is not an infection. You do not want it to build up and get milky in color or hard in consistency.

NO IMMEDIATE RESTRICTIONS: You may breastfeed, bottle feed, and syringe feed your baby immediately following surgery. Some babies do not want to use their tongue immediately due to either soreness or an unknown feeling. Be prepared to syringe or bottle feed for the first 24-48 hours if they will not latch. We do not recommend using a pacifier for more than calming. Once baby is calm, remove the pacifier and encourage tongue posture on the palate. See "Sleeping tongue posture" video on youtube.

COMFORT MANAGEMENT: Most babies experience minimal discomfort after the procedure. However, minimizing and preventing the discomfort is recommended. Tylenol can be given to help with discomfort ****NOTE:** Dosage schedule may be obtained from the pharmacist or pediatrician and is always based on your baby's weight. There are also other natural options you can try such as Arnica, CBD and other homeopathic remedies.

GUIDING HEALING: Your baby's mouth heals quickly and guiding healing after the procedure is very important for optimal results. Before starting, make sure that your hands are clean and your fingernails are short. This process are NOT meant to be prolonged. Keep it short and sweet! Sing a happy song, provide a soothing environment and talk in a sing-song voice to your little one to lessen their stress.

- **Buccal Tie Aftercare:** Place your middle fingers in the cheeks and roll up and beside the jaw bone pulling out and as you push up toward the cheek bones.
- **Lip-Tie Aftercare:** Using your thumb and middle finger in a pincer grasp firmly grasp the upper lip and lift out and up over the nostrils. Hold for a few seconds while pressing your index finger across the surgical site once. Repeat every **4 hours for 21 days with the exception of night one.**
- **Tongue-Tie Aftercare:** Using 1 finger to anchor the jaw down just inside the lower lip, open the mouth as wide as possible and use the other index finger to press the pad of the index finger down into the floor of the mouth under the tongue. Maintaining downward pressure begin moving the index finger back toward the base of the tongue and push the tongue back and toward the throat. You will press over the surgical site as you do this and you need to put enough pressure to cause it to open and lengthen. Hold the stretch for a few seconds. Switch and do the same thing on the opposite side. Repeat every **4 hours 21 days with the exception of night one.** If the baby is biting and opening the mouth is difficult try using a finger as a bite prop back between the jaws in the molar area and use the opposite finger to push down and back under the tongue.
- If the wound site(s) is/are still open or the area feels tight at the 21 day point these sessions should be continued for an additional 7-14 days 3 times during the day. Night time sessions are not recommended after the 21 days.

The first day. DO NOT wake baby for aftercare or feedings unless weight gain is a concern and baby is less than 2 weeks old. Rest is very very important the first day and night. Do stretches only during awake times and let baby get a good long stretch of sleep the first night. The morning after the procedure day start doing stretches strictly every 4 hours for the next 21 days. DO NOT go longer than 4 hours between stretches

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