



## Post-Op Instructions for Tongue and Lip Tie Release

Phew! You're through the hard part and your child has completed their release appointment. We know it can be hard to go through any medical procedure with a little one and want to give you encouragement that your child is off to a great start healing. Below you'll find a guide for their recovery.

### Tongue-Tie Release

The goal is to have the area heal and re-form as far back as possible to give the most mobility to your child. Here are a few things to do to have the best outcome from the procedure:

#### Tomorrow:

Begin stretches. With a clean or gloved finger push down behind the teeth (or gums) into the floor of the mouth. With FIRM, but GENTLE pressure, swipe up the tongue along the diamond, lifting and holding the tongue for 10 seconds.

#### TIP:

Focus on stretching and lengthening the whole diamond to avoid reattachment.

#### Daily:

- Repeat the exercises 3 times a day for 3 weeks.
- The healing process can be a difficult time for your child. Try these age appropriate tricks to help keep it light and playful.
  - Infants: Use "cold yummys" to help soothe, for example, breastmilk popsicles or cold teething toys. Tickle their gums on the left and right to promote exploration of their tongue.
  - Child: Encourage the child to move their tongue as much as possible. Practice fun "tongue exercises".
    - Stick their tongue out (at you 😊) and move it left to right
    - Clean the teeth
    - Make clicking noises

### Lip-Tie Release

The goal is for the lip to heal well and be able to lift as high as possible.

#### Tomorrow:

Lift the lip up as high as possible so it presses against the nose. You want to see the diamond open up and lengthen. Afterwards massage under the lip with gentle pressure.

#### Daily:

Repeat the exercise above 3 times a day for 3 weeks. Ensuring you're stretching the area for your child is the key to proper healing.

#### TIP:

This may cause a little bleeding when stretching. Don't worry, this is expected. But if you're concerned, please give us a call at 970.224.3600, we're here for you every step of the way in your recovery. We encourage you to find ways to make it fun for your child and keep it light and playful.

## What To Expect

- The release area will form a wet scab after the first day. It will appear white and soft. It may change color to yellow or even green. This is NOT an infection, but a scab in the mouth. The white area will get smaller each day, but healing is still happening! So even though the white scab will heal you MUST keep stretching or the new frenum will not be as long as possible and surgery may need to be repeated.
- For infants, you may notice an increase in sleeping which may be due to discomfort or more efficient feeding and, in turn, more satisfied post feeds, increased spitting up or drooling, minor bleeding from site(s), changes in symptoms and feeding habits. Feedings will likely be inconsistent for the first week or two due to new oral mobility and initial soreness. Snuggle and love on your baby as much as possible to increase oxytocin levels and lower pain sensitivity.
- For your child, eat whatever foods he or she can tolerate. Pain relief is needed for the first few days. Provide Motrin or Tylenol as directed on the package based on weight.
- If the lip tie was released, the lip may swell up slightly that evening or the next day. This is normal and will go down after a day or two.
- The wound will be sore for a few days, at one week look much better, and at two weeks look almost normal.
- Your child may experience a slight fever the first day - this is normal during recovery from the procedure.
- Take advantage of any professional referrals the doctors provide to you to provide the most successful outcomes (Myofunctional therapists, Chiropractor, Speech Therapist or a Lactation consultant).

If you have any questions or concerns  
please give us a call any time at:

**970.224.3600**

We're here to support you 100%  
of the way through your  
child's recovery.

