



*“Our family treating your family”*

## Post-Operative Instructions for Frenectomy

Labial Frenulum (under the lip): Goal is to have the frenulum heal and re-form as HIGH as possible.

1. Starting the evening of the day of treatment: Lift the lip towards the nose, take a clean finger and with a rolling pin motion rub the area for 3 seconds then side to side for 3 seconds. Do this 6x a day for the first 3 weeks and then week 4 taper it off from 6x to 5x, etc. then no more after day six.
2. Again: Weeks 1-3 massage 6x/day. Week 4: day 1=6x, day 2=5x, day 3=4x, etc.
3. There MAY be some slight bleeding sometime during the exercises; this is not a major concern.
4. Do the exercises at random times during the day at least 15-20 minutes away from feedings! You don't want your little one associating the stretches with feedings. **Overnights:** exercises first then feed with no wait.
5. NEVER go over SIX hours in between exercises.
6. The site will form a wet scab after day 1 or 2. It will look white and will be soft. This is nature's Band-Aid. Think of a scab on a skinned knee after sitting in the bathtub-same thing here. The healing occurs deep to the scab. This is where you do the exercises. This area will get smaller each day. Healing is still happening! So even though the wet scab will heal and eventually slough away, you MUST continue the exercises or the new frenulum will constrict and shorten and the procedure will need to be repeated.

Lingual Frenulum (under the tongue): Goal is to have the frenulum heal and re-form as FAR BACK as possible.

1. Starting the evening of the day of treatment: With a clean finger slide under the tongue to the surgical site and raise it upwards with one pointer on either side of base of tongue then hold for one second. Repeat 5 times then with a rolling pin motion massage the area for 3 seconds. Do this 6x a day for the first 3 weeks then week 4 taper it off the same as the lip.
2. There MAY be some slight bleeding sometime during the exercises; this is not a major concern.
3. Do the exercises at random times during the day at least 20 minutes away from feedings! You don't want your little one associating the stretches with feedings. **Overnights:** exercises first then feed with no wait.
4. NEVER go over SIX hours in between exercises.
5. The site will form a wet scab after day 1 or 2. It will look white and will be soft. This is nature's Band-Aid. Think of a scab on a skinned knee after sitting in the bathtub-same thing here. The healing occurs deep to the scab. This is where you do the exercises. This area will get smaller each day. Healing is still happening! So even though the wet scab will heal and eventually slough away, you MUST continue the exercises or the new frenulum will constrict and shorten and the procedure will need to be repeated.

If you suspect discomfort, give Infant Tylenol as directed on the package (Advil is great if over six months old). Frozen breast milk chips are excellent for soothing. Nursing in a warm tub and plenty of skin to skin is soothing.

Another medicament you can use is Orajel NATURALS placed on finger prior to doing the exercises can help. Arnica tablets dissolve quickly in water. Dip your finger in solution and rub into area.

\*\*\*I strongly encourage you to follow up with your IBCLC or SLP within a week to assess and work on things like latch, suck training, positioning, etc. Tummy time is excellent as well: [www.WholeBodyLLC.com/id19.html](http://www.WholeBodyLLC.com/id19.html)

~~~~~ <https://vimeo.com/98709935> (Post-Op exercise video) ~~~~~