



## **Frenectomy Post- Operative Instructions**

1. It is normal for swelling to occur in the treated areas. This will usually go down after about a day and a half.
2. The baby can be fussy the afternoon and evening following the procedure and may not nurse as much. This is normal and will subside. You may use baby Tylenol if necessary.
3. Apply the aloe 6 -8 times a day for 4 weeks during stretches. If you run out of aloe you can dampen your finger with water. Don't do the stretches with a dry finger.
4. If the lip is bumped the area may bleed again. Just apply pressure to the area to stop the bleeding with the gauze provided. Make sure it is slightly damp, rather than dry, to avoid tearing the healing wound and skin.
5. Stretching Information:
  - a. Place the baby's head in your lap to aid in proper direction and force.
  - b. The stretching process should not take more than 5 – 10 seconds.
  - c. If your fingers do not fit well in the baby's mouth for the stretches then you can use a plastic tongue depressor.
  - d. For the lip: lift the lip up from the sides to the full extension with mild to moderate force.
  - e. For the tongue: lift the tongue up from the sides to full extension with mild to moderate force.
6. When nursing, get as much of the nipple/areola/breast in the baby's mouth as possible. This will help the baby use suction by creating a vacuum rather than pinching.
7. Compress the breast a little when the baby gets the latch right. This will help the milk flow and lets the baby know that this is better and easier way to nurse.
8. When nursing hold the baby at a 45 – degree angle and watch below the chin. You can confirm the suckling and swallowing. The lower lip should be next to the breast, and the nose is free to breath. YouTube is a good source for visual examples of proper latch.