



seng pediatric dentistry

**Nathan C. Seng, D.D.S.**  
Board Certified Pediatric Dentist  
812-634-7409

## Post-Op Instructions for Frenectomy

- It is recommended that you practice the stretching exercises once or twice before the procedure so you are comfortable doing them the night of the frenectomy. You may notice that your baby dislikes the exercises even before having the surgery.
- If you suspect there is discomfort after the procedure, give Tylenol as directed by your pediatrician or pharmacist.
- **Stretching exercises:** This is the most important part of your infant's successful healing after the surgical procedure. Failure to follow these stretching methods may lead to reattachment and the need for repeated surgery if the area heals back together. **Begin this tonight and continue 3 times a day for 3 weeks. Your goal is to have the frenulum heal and re-form as far back as possible. You cannot make the surgical sites bigger or cause any damage when you stretch either the lip or tongue revisions.**



Push/Stretch under the tongue



Normal healing with white area

- With a clean finger, rub vigorously under the tongue, side to side across the middle, 3 times. Place your index fingers on each side of the tongue and forcefully open the diamond shaped area. You need to use sufficient force to totally reopen the surgical site to prevent the reattachment. Push downward toward the infant's throat. Some bleeding may occur and this is not a concern.
- Post surgery you will notice a white area (a wet scab) developing in the frenum area. This is normal and not an infection. This is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day.



Grasping lip with two hands



Pulling lip upward until you touch the nose



Normal healing with white area

- Pull the upper lip upward until it touches the infant's nose using enough force to open the entire surgical site and prevent the lip from becoming tied again. Tug it side to side vigorously, 3 times. Post surgery you will notice a white area developing in the surgical site. This is normal and not an infection.
- If solid foods are being eaten, avoid crispy and spicy foods for two days.

- How hard do we stretch?
  - Use enough force to make sure the area does not close. If you see a red line in the healing area, either you are not stretching hard enough or often enough.
- How long do I stretch each time we open the area? (view videos at [KIDDSTEETH.COM](http://KIDDSTEETH.COM))
  - Long enough to make sure the entire diamond is opened up. Usually 5-10 seconds.
- It is not uncommon for the upper lip to begin to swell after the lip-tie is treated. If this occurs you can place a cold compress on the outside of the upper lip. Do not place ice directly on the lip. This should gradually disappear after a few days. It is not a sign of an infection.
- If your infant has any post surgery bleeding, it is not an emergency. Place a moist tea bag on the area for three to five minutes. Use black tea like Lipton, herbal tea does not work.
- If your infant appears to have excessive drooling, this is normal after surgery due to your infant's increased tongue mobility, which will stimulate salivary flow.
- If your infant cries about three hours after surgery, it is normal. You can use an infant pain medication if desired.
- When should we see improvement in breastfeeding?
  - Most mothers find breastfeeding improves within two to three weeks.
  - Your baby will need time and practice to learn how to use his/her newly released tongue effectively. It can take time to strengthen the muscles that were not used before the procedure.
  - Your baby may experience a little discomfort when latching on for a week to ten days after the surgery. Babies are careful when moving their tongues while healing.
  - Some infants will show immediate improvement with breastfeeding after the procedure.
  - If you see immediate improvement and then a week or so later discomfort returns, you may not have used adequate force when opening the surgical site and the site may need to be retreated.
- Please follow up with your Lactation Consultant and/or a specialist in Infant Craniosacral Therapy. Call your pediatrician or the Memorial Hospital Lactation Services at 812-996-0382 for a recommendation or referral.

It is not often, but for a variety of reasons, EITHER THE LIP OR TONGUE AREA MAY NEED REPEAT SURGERY DUE TO REGROWTH OR ATTACHMENT DURING THE HEALING PROCESS.

**Seng Pediatric Dentistry**  
 Nathan C. Seng, D.D.S.  
*Board Certified Pediatric Dentist*  
 2005 St. Charles St, Suite 1, Jasper, IN 47546, 812-634-7409  
[www.sengpediatricdentistry.com](http://www.sengpediatricdentistry.com)