



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

Lingual Frenotomy (Tongue Tie Repair)

After Care Instructions:

- It is important to understand that depending on the type of tongue-tie your baby had, improvement with breastfeeding may not be immediate. It can take a little time for your baby to learn how to use his/her tongue effectively.
- You may breastfeed or bottle feed your baby immediately following.
- Your baby may use a pacifier immediately following surgery.
- Pain Relief: Most babies experience only minimal discomfort after the procedure, and breastfeeding provides natural pain relief. If, however, your baby seems uncomfortable, 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. Motrin should not be used until after six months of age

- Stretching Exercises:
 - o Your baby's mouth heals quickly, and stretching exercises are very important after the procedure to make sure that the area that was released does not heal back together.
 - o Before starting the exercises, make sure that your hands are clean, and your fingernails are short.
 - o These stretches are NOT meant to be forceful or prolonged.
 - o It's best to be quick and precise with your movements.
 - o I feel that getting an affordable LED headlight (like a camping headlight) allows you to get the best results.
 - o The following exercises should be started the evening of the day of surgery.
 - o Stretches should be resumed the next morning. **THIS IS THE ONLY NIGHT YOU WILL NOT DO STRETCHES DURING THE NIGHT.** It is necessary to do at least one stretch during the night for the next 10 days to prevent reattachment.
 - o Tongue-Tie Exercise: Lift the tongue as high as it will go. Press gently on the surgical site, running the finger horizontally and vertically for 3 seconds. Repeat every 5-6 hours for 14 days. Gentle massage should be continued for an additional 14 days 2-3 times/day once stretches are completed to break up any remaining scar tissue.
- Common post-operative healing consequences:
 - o Low grade fever, under 100 degrees F
 - o Slight bleeding of the surgical area for one to two days