



Aftercare Instructions

Stretches

To prevent the site of release (lip or tongue) from re-adhesion or healing together, it is strongly recommended to actively stretch the site. This will help the “diamond” to heal open and optimize mobility and function. This step is critical for proper wound healing and success of the procedure. The **first** stretch will be 12 hours after the procedure. It is easiest to do the stretch during the feed. If breastfeeding, nurse on one side, do the stretches, then nurse on the second side. If feeding with a bottle, offer some milk, do the stretches, and then finish the feeding. The stretches will continue for 4 weeks.

Wash hands thoroughly. Place baby, swaddled, in your lap or on a bed, with the feet going away from you.

LIP first: With both hands stretch the lip up to nostrils. With your finger gently press along the “diamond” beginning at the gum line and moving towards the upper lip in one smooth effective sweep. Second sweep: both index fingers on the corners of the diamond, sweep in a smooth motion toward lip.

TONGUE second: Gently work a finger under your infant’s tongue. Starting at the gum-line press from the bottom of the “diamond” or the floor of the mouth towards the tip of the tongue with a lifting motion up in one smooth effective sweep. Second sweep - keep finger tips close together so you are stretching the corners of the diamond an upward motion towards the tip of the tongue.

Please refer to my colleague’s (Dr. Ghaheri) website for more video demonstrations and more detailed information on the stretches - <http://drghaheri.squarespace.com/aftercare>

Pain Management

- * Skin-to-skin contact
- * Breastfeeding
- * Use of a pacifier
- * Icing if child will tolerate, 10 min intervals
- * Swaddling
- * Children’s Tylenol dosed by weight as needed.
- * Children’s Ibuprofen (over 6 months of age ONLY) dosed by weight
- * Coconut oil

It is completely within reason to give your baby Tylenol every 6 hours during the day of the procedure and then as needed thereafter. At 3-4 days post-procedure, expect the wound to look white or yellow, similar to pus — this is NORMAL. Some swelling is normal if a lip-tie is removed. If you suspect infection, please give our office a call. If baby will not nurse/take a bottle, has a fever of >101.5, or has uncontrolled bleeding please call the office or Dr. Santiago on her mobile: **206.618.1479**

Essential Follow-Up with your Lactation consultant (IBCLC): Please make an appointment with your lactation consultant for follow-up within **24-48 hours**.

Craniosacral therapy/Occupational Therapy/Speech Therapy: After a release, adjunctive therapies may be beneficial at helping to address muscle tightness/asymmetries, coaching the tongue to better coordinate muscle movements, etc. We have several therapists we commonly refer to.