

POST-OP INSTRUCTIONS FOR CHILD LIP/TONGUE-TIE RELEASE

TONGUE-TIE RELEASE:

Your goal is to have the frenum heal and re-form as far back as possible.

1. **STRETCHES**: It is critical to place the mouth opener first and use with each stretching session. Place your 2 fingers next to the suture line in the floor of the mouth. Push the tongue down and back as your fingers **slowly** move backward and **slowly** count to 10 then release. It may bleed slightly when it is stretched or re-opened. This is not a concern. Sugar free popsicles are a great reward after stretches!

- a. Begin doing this the night of treatment.
- b. Repeat this **3** times a day, at various times during the day for **3** weeks.

2. **GAMES**: Try to make a game of it if possible and keep it playful. Encourage the child to move the tongue as much as possible by sticking it out and holding for 10 sec, gumball (hold 10 sec) into the left cheek, right cheek, open wide and lift up the tongue (paint the roof), make clicking noises (tick tock), and lick the upper lip (windshield wiper). Do these exercises 10x each or for 10 sec, as often as possible, but try for 3-4 times a day for 5 weeks.

LIP-TIE RELEASE:

The goal is for the frenum to heal and re-form as high as possible.

1. **STRETCHES**: Pull the lip up as high as possible, high enough to press against the nose. You want to see the whole white diamond open up. Press gently but firmly against the wound to massage it and keep the diamond open. It may bleed slightly when this is done, but this is not a concern. Try to make a game of it if possible and keep it playful. Repeat 3 times a day, at various times during the day for 3 weeks.

****WHAT TO EXPECT****

WHAT WOUND LOOKS LIKE: The released area will form a wet scab after the first day. It will appear white or yellow and soft. This area 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, but healing is still happening! So even though the white scab will heal you **MUST** continue the stretching or the new frenum will not be as long as possible and the surgery may need to be repeated.

Your child can eat whatever foods he or she can tolerate. Pain relief is needed the first few days. Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight. If the lip-tie was released, the child's lip may swell up slightly that evening or the next day. It is normal and will go down after a day or two. The wound will be sore for a few days, at one week look much better, and at two weeks look almost normal. Drooling is common after a tongue-tie procedure. They should eat and sleep normally. If you're concerned it is growing back together, come back for a visit or email a picture. Follow-up with a myofunctional therapist and bodyworker (Chiropractor, CST) is recommended for full rehabilitation.

If you have any questions, please call us at 863-640-2150