

Post-Procedure Care for Your Infant

After the revision of your infant's oral tissues you can do the following to make their surgery successful:

1. Make sure your baby **remains hydrated**. You can finger feed, spoon feed or dropper feed the infant during this period.
2. **Pain Management:**
 - a. Comfort Measures: Nursing, skin to skin, cuddling
 - b. Have the infant suck on your finger with some breast milk or sugar water on the finger
 - c. Tylenol is recommended for infants over 3 months of age. If younger, please consult with your PCP.
 - d. Arnica (homeopathic remedy)-discuss with lactation consultant
3. **Stretches (4-6 times a day, for 3 seconds, for 3-4 weeks):** Raw surfaces in proximity want to reattach. Stretches prevent the folding area from reattaching. Wash your hands before stretches. Gloves are not necessary.
 - a. Elevate
 - b. Finger Roll
4. **Healing surgical sites will turn white or yellow:** This is a normal appearance of a wet scab.
5. **Excessive drooling:** A common response to a tongue release. This is due to increased tongue mobility.
6. **Exercises (wait until the post-op check):**
 - a. Retraining your infant to latch correctly. This may take time and you may need assistance from a lactation consultant.
 - b. To help relax your infant before any stretching with your fingers gently stroke in a circular motion around the lips until the baby opens his or her mouth. Then you can gently massage the gums and inside of the upper and lower lips (the tongue should follow the finger).
 - c. Additional exercises: Tug-a-war, massage muscle of tongue (5 sec/side), fingernail/tongue tap
7. Complete resolution of symptoms often involves seeing your lactation consultant and/or some form of body work.



Please call the office 701-235-3205 with any questions or concerns.

More information on bodywork: www.ankyloglossiabodyworkers.com/

More post-release care with videos: <https://drghaheri.squarespace.com/aftercare>

More information about research articles: www.kiddsteeth.com