



POST-OP INSTRUCTIONS FOR TONGUE & LIP TIE RELEASE

TONGUE-TIE RELEASE

Your goal is to have the area heal and re-form as far back as possible to give the most mobility.

1. **STARTING TOMORROW:** With a clean or gloved finger, push down behind the teeth in the floor of the mouth, and swipe/push into and up the tongue (on the diamond), lifting the tongue at the top of the diamond in the middle of the tongue. Your goal is to see the whole diamond open up and lengthen. It may bleed slightly when it is stretched or re-opened. This is not a concern.
2. Repeat this **2-3 times a day for 3 weeks. Quality stretches are the key.**
3. Move the tongue as much as possible by sticking it out and holding for 10 sec, out to the left, right, open wide and lift up and paint the roof, make clicking noises, and clean off the teeth. Do these exercises as often as possible but try for 3 times a day or as directed by your therapist.

LIP TIE RELEASE

The goal is for the lip to heal and be able to lift as high as possible.

1. **STARTING TOMORROW:** 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 right on the wound to massage it and keep the diamond open. It may bleed slightly when this is done, but this is not a concern.
2. Repeat **3 times a day for 3 weeks.**

The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet (**not infected**). 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.

Eat any food that you can tolerate. Pain relief may be needed the first few days. Take Motrin (ibuprofen) or Tylenol as needed for pain. The wound will be sore for a few days. Keep doing the stretches and exercises until the wound looks uniform and pink in color. Follow-up with us in one week post release and anytime after if you are concerned about it growing back together. Treatment with a myofunctional therapist and bodyworker (Chiropractor, CST) is recommended for full rehabilitation.

If you have any questions, please call us at 216-292-2277, or Dr. Csok's cell at 614-723-9796.