



## POST-OP INSTRUCTIONS FOR INFANT TONGUE-TIE RELEASE

Your goal is to have the area heal and give the most mobility possible. You should do the stretches with the baby laying down on a changing table, bed, or couch facing away from you like during the exam. Please follow-up within 7-10 days. **Begin doing the stretches the DAY AFTER the procedure.** Gloves (preferred) or clean hands with nails trimmed should be used for stretches.

1. If the lip or cheeks were released also, first put your fingers all the way in the fold of the lips and pull the lip or cheek up and out as high as possible, so you can see the white diamond(s) open. **Push right on the area(s), in and up gently but firmly.** It may bleed slightly (occasionally), but if you notice bleeding that is concerning, call us or Dr. Csok's cell.
2. For stretching the tongue: with the non-dominant thumb push on the baby's gum ridge/pad and push down to open the mouth, then with the dominant index finger push into and lift the tongue **UP** and **BACK** just above the white diamond to put tension on the wound for a few seconds. Repeat 3 times a day. It may bleed slightly but this is not a concern.
3. The focus is to open and see the "diamond" all the way up on the lip and especially the tongue. If you notice it is becoming tight, then stretch/push a little more to open it back up.
4. Repeat this **3 times a day for 3 weeks.**
5. A "deeper stretch" is necessary around 7-10days. Come back to the office to have Dr. Csok do this but if not possible to come in, push twice as hard one time at 7 days to ensure it isn't growing back together. You will notice some bleeding if it reopens or stretches out, which means it was growing back a little bit, and now it's reopened. Symptoms may improve after the stretch.
6. Play in your child's mouth a few times a day with clean fingers to avoid causing an oral aversion. Tickle the lips, the gums, or allow your child to suck your finger.
7. Watch Michelle Emanuel's YouTube channel for tummy time and guppy exercises. Do them daily.
8. The released area will form a wet scab after the first day. It will appear white and soft. It may change color to yellow or even green. **This is not infection;** it is just a scab in the mouth. The white / yellow area will get smaller each day lengthwise, but HEALING IS STILL HAPPENING! So even though the white scab is not as visible, you must continue stretching or the surgery may need to be repeated. If you have any concerns, please contact our office.

**Follow up with a lactation consultant is critical if nursing. Bottle-feeding babies will benefit from visiting a feeding therapist. A bodyworker (chiropractor, CST, etc.) is also very helpful. You should expect one better feed a day (two better feeds the second day, etc.). Sometimes there's an immediate difference in feeding, and sometimes it takes a few days to weeks. Skin to skin, warm baths, and soothing music can be very beneficial to calm the baby.**

**Your child's lip will swell up slightly for a few days, and the released areas will be sore for a few days, at one week look much better, and at 2-3 weeks look much better and almost normal.**

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