

## **Care of Mouth Following a Frenectomy: For Infants & Children**

### **Tongue Care**

- ▶ Begin exercises the morning following the frenectomy: Tongue exercises are necessary 3-4 times a day for 10 seconds. Massage under the tongue lifting up and then swiping side to side. We recommend this to be continued for three weeks. If nursing, try to complete these exercises after nursing on one side but before you try the other breast.
- ▶ If your infant is a little uncomfortable, try to let him/her suck on a small amount of sugar water from your finger.
- ▶ Excessive drooling is normal after a tongue release. This is due to increased tongue mobility.

### **Lip Care**

- ▶ Begin these exercises the evening following the frenectomy: Pull the lip upward preventing reattachment and rub Vitamin E, Vaseline or Coconut Oil on the surgical site twice a day. We recommend once in the morning and once before bed for 10 seconds. Continue to do these stretches for 10 days.
- ▶ It is not uncommon for the upper lip to swell slightly. If this occurs you can place a cold compress on the outside of the lip. Do not place ice directly on the lip. This should gradually disappear after a few days. It is not an infection.
- ▶ If your child has teeth it is necessary to brush daily in order for the tissue to heal properly.
- ▶ If you child can rinse, you can purchase an over the counter peroxide rinse (Peroxyl) or use ½ a teaspoon of salt in a warm glass of water 1-2 times per day.

### **Lip and Tongue Care**

- ▶ You will see some bleeding for the first few days (which is normal). If you feel like it is an excessive amount please call the office.
- ▶ Crying for a few hours after the procedure is normal. This may occur when the analgesic effects of the topical anesthetic and Tylenol wear off. Give more Tylenol if needed – your child will let you know they are uncomfortable.
- ▶ If your infant does not latch immediately and initially refuses a bottle or breast (this is normal) you can feed your baby using a syringe.
- ▶ The white area that develops within the surgical site is normal – this is not an infection. Lasers are bactericidal.
- ▶ You cannot make the surgical site bigger or cause damage while doing the stretches.

**Please call Dr. Barker directly if you have any concerns after office hours:  
443-914-2210 Leave name, phone number and a brief message**