



# Home Care Information for Post-Op Frenectomy

## INFANTS

**IMPORTANT:** The following information will help you and your baby recover in the very best way. Please understand that the child may have developed habits that take a little time to be broken. Due to the habits it may take a few weeks to teach the child proper sucking and feeding habits. Improvements are typically seen in 2–4 weeks, and consultation with your pediatrician or lactation consultant are highly encouraged.

### What to expect after the procedure:

#### First Week

- Increased fussiness and crying  
Pain medications may be needed immediately after the procedure. Please give every few hours as directed. This may be needed through the first few days.
- Trouble with latching  
Your baby must re-learn how to properly suck. This may cause feeding to be inconsistent. A consult with a Lactation Consultant may be beneficial.
- Increased spit up  
Because your baby is learning to adjust during feeding, more spit up may be temporarily seen.

#### Other things to expect

- Bleeding during stretches  
Please be mindful, that your baby may bleed occasionally after stretching the tissues. This is normal and it is safe to feed your baby.
- Increased drooling and saliva  
This is part of the healing process. As the lip and tongue has increased motion can create excess saliva. This is temporary.
- Increased sleeping  
During the healing process it is normal for a baby to want to sleep as their body is working to heal itself. Sleep may also be a mechanism to cope with the discomfort.

#### Helpful Hints:

- If your baby is extra fussy, try skin to skin contact. This is comforting to small children. It has also been shown to have pain reducing qualities.
- If your little one is wiggly during the stretches and there is not an extra person to help, try using a swaddle.
- Very small frozen breast milk chips can be used to reduce soreness, and can lower pain. This can be accomplished by freezing a small flat baggie of breast milk and placing tiny flat chips under the lip or tongue until melted.
- Stretches should be done throughout the day, but may be best before or after feedings, while your baby's mouth is already active. A lactation consultant or speech therapist can also help with stretches or body work.
- Consult a Lactation Consultant if Latch is an issue or your baby needs extra assistance while feeding.

Please call the doctor if:

Fever becomes greater than 101.5, Uncontrolled bleeding or Refusal to feed for over 8 hours