



HOME CARE INFORMATION FOR POST-OP FRENECTOMY

(NEWBORNS & INFANTS)

IMPORTANT: This packet includes information that will help you and your little one recover as best as possible. Please understand that sucking correctly and consistently after the procedure takes time. Improvements with feedings are usually gradual and may take anywhere from 2 - 4 weeks. In most cases, frenectomy alone will not cure all of the feeding problems and additional therapies may be needed. Outcomes may vary from baby to baby.

WHAT YOU MAY EXPECT AFTER THE PROCEDURE:

Please note that not all babies follow the typical healing timeline depicted below.

DAY 1-3	WEEK 1	WEEKS 2-3	WEEK 4
Baby will be sore, expect fussiness	Soreness starts to taper off days 7-10	Implement suck training exercises 2-3x daily	Post-op stretching routine no longer necessary, gentle massaging of new frenulum encouraged
Healing "white patch" forms, this is "nature's band-aid"	Baby may be fussy	Healing patch shrinking	Healing patch gone and new frenulum takes final shape and position
Pain meds given as needed	Baby is re-learning how to suck	New frenulum forming	Bodywork, OT, PT, and LC follow-ups as needed
May have trouble with latch	Feedings may be inconsistent	Bodywork and LC follow ups as needed	Continual progress with feeding
Have back up feeding plan and comfort measures prepared	LC follow up within the first 5 days highly recommended	Start to see signs of improvement with feeding	
	Establish daily tummy time routine		

SPA DAYS

The days immediately following a revision are felt and experienced differently by different people. Your baby or child is no exception. We recommend planning to take some SPA days post revision.

S – skin to skin – as much and as often as possible. Consider using water as a soothing warm experience.

P – pain relief – counsel with your PCP and consider homeopathic as well as traditional pain relief.

A – approach – touch and feed your baby gently.

PAIN MANAGEMENT RECOMMENDATIONS:

Natural Remedies

Breast Milk Ice Chips - Can act as a natural numbing agent and help with pain. Freeze milk in a baggie and place tiny pieces under lips, tongue, or cheek and let melt slowly.

Organic Coconut Oil - Best if kept chilled and safe for any age. Simply apply small dab to treated areas 4-6 times a day.

Homeopathic Remedies - Homeopathy is a system of holistic medicine that stimulates the body to heal itself. It uses highly diluted solutions specially prepared from natural plant and mineral extracts which are gentle on the body and produce very little risk of side effects.

Suggestions:

- Camilia by Boiron single doses
- Infant Rescue Remedy
- Arnica Montana 30C tablets - Homeopathic remedy used to treat inflammation. Instructions: Dissolve 10 pellets in 2-3 ounces of breast milk or water. Store chilled. Administer approximately 2 mL every 1-2 hours for the first few days and then give as needed. May be given every 15 minutes during an acute episode.

Under 6 months:

Infant Acetaminophen/Tylenol (160 mg/ 5mL concentration)

Dose based on weight; given every 6-8 hours for the first few days as needed for pain.

Tylenol Dosages for Infants:

- 6 lbs give 1.25ml
- 7 lbs give 1.5ml
- 8 lbs give 1.75ml
- 9 lbs give 2ml
- 10-11 lbs give 2.25 ml
- 12-14 lbs give 2.5ml

Genexa brand acetaminophen is an alternative to Tylenol without artificial dyes, common allergens, parabens.

Over 6 months:

If infant is older than two months and Tylenol is ineffective, get consent from your pediatrician for Ibuprofen use.

Children's Ibuprofen/Advil/Motrin (50mg/1.25mL or 100 mg/5mL concentration)

Dose based on weight; given every 6-8 hours for the first few days as needed for pain.

- 12-17 lbs give 1.25 ml

STRETCHES AND EXERCISES

The role of stretches and exercises are different. Stretches are done to prevent reattachment of tissue post revision. Exercises are done to help the released tissue function properly.

What are the “White diamond” healing Patches?

The released area will form a wet, soft scab after the first day. This is nature’s “band-aid” and while typically white in color, in some cases it can be yellow, green, or gray. The diamond will peak in size by day seven and then start to shrink over the following weeks.

Stretches:

- Please consider using gloves to prevent infection of the wound site and coconut oil to give a layer of “slide” and comfort during the stretches.
- Please anticipate doing both Classic and Rolling Pin stretches **3 times during daytime hours until being seen on day 2 or 3 post release.**
- We will carefully observe how healing is occurring and make specific recommendations for your baby.
- Be mindful of the way you touch your baby. You need gentle and firm contact.
- Start the stretches the evening of the release.

The stretches that we recommend concentrate on preventing reattachment of tissue and include the following:

Classic Stretches:

1. Gently ask your baby for permission to work in his/her mouth. (Stroke down from upper to bottom lip)
2. Run your finger on the bottom gums 3-4 times
3. Lift the lip or tongue from the backwards position (head towards you, feet away) with both of your fingers together in order to get a full lift
4. Run your right and left pointer fingers GENTLY over the revised tissue 3-4 times
5. Touch the tip of the tongue 5-6 times

Rolling Pin Stretch:

This stretch is best done with the idea in mind to be very precise. You will want to repeat this motion only 1-2 times with both of your index fingers. The steps are as follows:

1. Ask your infant for permission to work in his/her mouth.
2. Place one of your index fingers on the chin of your baby for stabilization.
3. Place your other index finger at the very base of the diamond wound.
4. Start rolling your finger through the wound from the base to the top.
5. There is a push motion in your intention towards the back of the throat as you roll.
6. Your finger should touch all parts of the diamond during the rolling.
7. You will know you are done with the rolling pin stretch when your finger gets to the top of the diamond and you can see the entire diamond shape below it.

Exercises:

- If needed, we will provide you with a series of exercises to do with your baby.
- Typically, they are given pre and post revision so that your baby knows what to anticipate.
- They focus on helping your baby achieve good feeding function including lift, extension and lateralization.
- If you are given exercises, please start them 48 hours post revision.

A video demonstrating how to do the stretches can be found at www.family-seasons.com.

There are two important concepts to understand about oral wounds:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to keep it dilated open).
2. If you have two raw surfaces in the mouth in close proximity, they will reattach.

HELPFUL TIPS:

- We highly encourage you to approach these stretches in a positive manner.
- These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements.
- It is recommended that you purchase an affordable LED headlight (like a camping headlight) to allow you to get the best results.

ADDITIONAL THERAPIES

Body work is the general term used to describe therapies that may help relieve and normalize structural issues in the body. Some babies may need more body work than others. Babies who receive some form of bodywork seem to heal and rehabilitate better.

Tummy Time

This is a simple at-home therapy you can perform a few times a day for 5-20 minutes. This may help your infant gain strength in the neck muscles that support proper sucking.

CranioSacral Therapy

CranioSacral Therapy (CST) is a light touch, hands on, gentle treatment option that looks at the body holistically and works to decrease restriction and tension patterns, improve mobility, functionality and regulate the central nervous system. CranioSacral Therapy helps fascia to relax, lengthen muscles and realign bones.

CranioSacral Therapy plays an essential role pre and post revision by decreasing restrictions and preparing the body for the releasing of the tethered tissue. Without proper preparation and aftercare, babies can struggle with re-attachment, breast aversion and tight surrounding muscles resulting in continued oral issue concerns. CranioSacral Therapy is now routinely recommended as a gentle complimentary care practice for infants needing a revision.



NORMAL POST-TREATMENT OCCURRENCES

Increased fussiness and inconsolable crying during the first week

Make sure you stay ahead of discomfort and be proactive with pain medications.

Bleeding after stretching

A little bit of blood in a pool of saliva appears worse than it really is. If this occurs, nothing needs to be done and it is safe to feed immediately.

Trouble with latch during first week

Due to the initial soreness and re-learning of suck, feedings may be inconsistent the first week. In some cases, latch or symptoms may worsen before they get better. It is critical to work with an IBCLC for any feeding related issues.

Increased choking and spitting up

Some babies may have a harder time adjusting to an increased milk flow. This is usually temporary and should be addressed with your IBCLC.

Increased drooling and saliva bubbles

The healing process increases saliva production. Also, your infant may be adjusting to a new range of motion and can have difficulty controlling saliva. This is usually temporary.

Increased sleeping

This may be due to medications, exhaustion, or that the infant is feeling better and is more satisfied. Sleep may act as a coping mechanism for discomfort.

When you need to call the doctor

Although rare, please do not hesitate to call Dr. Ririe (208.870.4647) or Dr. Rosa (208.308.1634) if you experience any of the following:

- Fever greater than 101.5F
- Uncontrolled bleeding
- Refusal to feed (bottle and/or breast) for over eight hours



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Family Seasons
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Thank you so much for choosing us to care for your baby! We are here to make this recovery time as gentle and effective as possible. Please feel comfortable reaching out to us with any questions and/or concerns. We truly wish you and your baby a fast and easy recovery.