

POST-OP INSTRUCTIONS FOR CHILD, TEEN & ADULT FRENUM RELEASE

Reference “Latest Child, Teen, and Adult Tongue-Tie Stretching Aftercare Instructions with Deeper Stretch” on the Alabama Tongue Tie Center’s YouTube channel (<https://www.youtube.com/watch?v=M0o2DKD4M1c>).

**Take note that we recommend doing the exercises more often and for a longer period of time than the video suggests.*

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. Massage the floor of the mouth for 5 seconds on either side of the wound, **every 4 hours if at all possible, try not to go longer than 6 hours. Do this for 6 weeks.**

Begin doing the below exercises the DAY AFTER the procedure, starting no later than 8am. Wait 3 days if sutured:

2. 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. **Do this 3 times.** It may bleed slightly when it is stretched or re-opened. This is not a concern. If a child, try to make a game out of it if possible and keep it playful.

3. **Repeat every 4 hours if at all possible, try not to go longer than 6 hours. Do this for 6 weeks.** Quality stretches are the key.

4. Move the tongue as much as possible by sticking it out and holding for 10 seconds, 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 **at least 3 times a day or as directed by your myofunctional therapist.**

LIP/CHEEK TIE RELEASE

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

Begin doing the below exercises the DAY AFTER the procedure, starting no later than 8am. Wait 3 days if sutured:

1. For the upper, pull the lip/cheek up as high as possible, high enough to press against the nose. Do it the opposite direction for the lower. You want to see the whole white diamond open up. **Do this 3 times**. Press gently, but firmly directly on the wound to massage it and keep the diamond open. **Do this 3 times**. It may bleed slightly when this is done, but this is not a concern. If a child, try to make a game out of it if possible and keep it playful.

2. **Repeat every 4 hours if at all possible, try not to go longer than 6 hours. Do this for 6 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.

You may eat whatever foods you can tolerate. Pain relief is needed the first few days. Give Motrin (Ibuprofen) or Tylenol as directed on the package based on weight.

If the lip was released, the lip may swell up slightly that evening or the next day. It is normal and will go down after a day or two. The released areas will be sore for a few days. One week postoperatively these areas will look much better and 2-3 weeks postoperatively these areas will look almost normal.

A slight fever is normal the first day. You should eat and sleep normally. If you're concerned it is growing back together please call us. Continued treatment with your **myofunctional therapist** and **bodyworker** (Chiropractor, CST, etc.) is highly recommended for full rehabilitation. If there are feeding concerns, establishing with a feeding therapist is also advised. Please return for your recommended post-operative visits.

If you have any questions during our office hours please call the office at (530) 222-1400.

After office hours please call/text Dr. Barnhart's emergency line at (530) 334-6736.