



AMY SCHECTER, MD, IBCLC
Breastfeeding Medicine of NJ
1140 Bloomfield Ave, Suite 216
West Caldwell, NJ 07006
973-826-9226

Frenotomy Aftercare Instructions (6 WEEKS):

It is important that you perform the post-op stretches to prevent reattachment of the tongue. The purpose of the stretches is not to stretch the tongue or muscle, but to prevent the wound from healing back together. The goal is for the wound to heal open. Following the procedure, you will see a diamond shape under the tongue. This diamond will fill in with a **whitish-yellow scab** over the next day. This is NORMAL healing.

Procedure day is DAY 1. There are no stretches to be done today. Just give your baby extra hugs and cuddles and lots of skin-to-skin time.

DAY 2: Beginning this morning, you will be doing aftercare stretches every 4 hours, **INCLUDING OVERNIGHT.** Place baby on a firm surface. Always perform stretches from behind your baby's head.

1. Reach into your baby's mouth with 2 INDEX FINGERS. Your fingers should meet in the CENTER of the diamond to stretch the diamond fully open. Elevate the tongue to **STRETCH THE DIAMOND TALL—at least as tall as it is wide** for 3 seconds, and do this **TWICE.**
2. For upper lip ties, lift the upper lip and massage the area between the lip and gums.

DAY 3: Beginning this morning, you will begin to massage the diamond itself. From behind baby's head, sweep your index finger under the tongue and press firmly into the center of the diamond. You will massage it up and down, then side to side for **2 seconds** after completing the tongue lift stretch. The purpose of this stretch is to maintain the diamond **WIDE OPEN**, preventing it from closing inwards.

WEEKS 1 & 2: Please perform these stretches **every 4 HOURS for 2 WEEKS.**

WEEKS 3 & 4: Continue the stretches **every 6 HOURS for an ADDITIONAL 2 WEEKS.**

WEEKS 5 & 6: Continue the stretches **TWICE daily for the FINAL 2 WEEKS.**

Olive oil or coconut oil may be used as a lubricant for the stretches. Do not worry if there is minor bleeding when you do stretches. You may notice a dark or black stool after the procedure due to any blood that is swallowed after the procedure.

Infant Tylenol may be used as needed for pain. We recommend continuing the Tylenol for 48 hours. Please don't wait for your baby to become uncomfortable between doses. **For babies 6 pounds and over, the dose is 1.25ml (160mg/5ml liquid) every 4-6 hours.** Do NOT give more than 5 doses in any 24 hour period. The correct dosage based on your baby's weight will be provided at the visit.

*If your baby is over 6 months of age, ibuprofen is preferred.

Tylenol Dose: _____

Timing: For newborns, it may be easiest to do stretches immediately before feedings. Older babies often do best with stretches done after or between feedings.

A **wound check** is recommended in 1 week to ensure the wound is healing properly. Please check your email for instructions on sending a clear picture of the diamond. **The white scab should be just as large as the open diamond is immediately after the release.**

Please feel free to contact Dr. Schechter with questions or concerns. You can respond to any email you have already received.