

WHAT TO EXPECT AFTER A TONGUE AND/OR LIP TIE RELEASE

Pain Management

Typically, no pain medication is required. If you are concerned and believe your child will benefit from pain medication, Baby Tylenol is a good option.

Bleeding

After the procedure, once you leave the clinic, there should not be copious bleeding. You may see some if baby is fussing and hits their mouth (lip tie), or when doing exercises. It should stop quickly when baby calms down. Pressure on the wound can be added with a clean wet wash cloth or gauze. In the **extremely unlikely** case of copious bleeding (does not stop, spurts), please go to the nearest emergency department.

Wound Management



Lip lift



Tongue lift

Exercises- 4x per day for 3-4 weeks. This is essential to prevent reattachment. If tissues reattach, a second surgery may be indicated.

Lip tie release stretch: Roll index finger inside the top lip until you can stretch and see the diamond shaped surgical site. Hold for 5-10 sec. Repeat 5x. Lip can swell a bit. Cold compress can help with this,

Tongue tie release stretch: Place two index fingers into the floor of the baby's mouth on either side of the wound, lift the tongue from the floor of the mouth as high as it will go toward the palate. Hold for 5-10 sec. Repeat 5x. You need to be able to visualize the diamond shaped surgical site.

Please note- the white/yellow diamond patches are the wound healing. The wet scab will form after the first day; it will look white and soft because it is wet.

Helpful tips

- Skin to skin- increases oxytocin levels which lower pain
- May be best to be fed before stretches. Do them with diaper changes or if the baby is already crying
- Increased drooling and saliva bubbles- healing increases saliva production and the new movement of the tongue creates more saliva- usually temporary