

Stretches

To prevent the site of release (lip or tongue) from re-adhesion or healing together, it is strongly recommended to actively stretch the site. This will help the “diamond” to heal open and optimize mobility and function. This step is critical for proper wound healing and success of the procedure. The **first** stretch will be 12 hours after the procedure. It is easiest to do the stretch around feeding time. Alternate the timing of the stretches, sometimes before the feeding, during the feeding, or after the feeding. The stretches will continue for 30 days.

Wash hands thoroughly. Place baby in your lap, safely on a bed/changing table/floor, or sit knee to knee with another adult, with the feet going away from you. Use a camping headlight for best visualization. Swaddling can help keep baby’s hands out of your way.

LIP first: With both hands stretch the lip up to nostrils, hold for 5 seconds. Then lift the lip up/down 4 times towards the nostrils. Then a quick side to side swipe of the area. It is important that you visualize the entire wound.

TONGUE second: Gently work your index fingers under your infant’s tongue. If they are crying, that’s your invitation to slip your index fingers under the tongue quickly. Place index finger tips at the left/right corners of the diamond. Make sure your fingers sink behind the diamond. Use other fingers to push down on the chin to prevent chomping. Stretch the tongue up and hold for 5 seconds. You should be able to visualize the entire diamond stretching vertically.

Please refer to this well done video for a reminder/demonstration on the stretches.

Pain Management

- * Skin-to-skin contact / comforting
- * Breastfeeding
- * Use of a breastmilk ice chips
- * Use of a pacifier (after 48 hours)
- * Children’s Tylenol dosed by weight as needed.
- * Children’s Ibuprofen (over 6 months of age ONLY) dosed by weight
- * Coconut oil - can be applied 4-6x daily
- * Other Homeopathic Remedies

It is completely within reason to give your baby Tylenol every 6 hours during the day of the procedure and then as needed thereafter. At 3-4 days post-procedure, expect the wound to look white or yellow, similar to pus — this is NORMAL. Some swelling is normal if a lip-tie is removed. If you suspect infection, please give our office a call. If baby will not nurse/take a bottle, has a fever of >101.5, or has uncontrolled bleeding please call the office or Dr. Santiago on her mobile: **206.618.1479**

Follow-Up with your Lactation consultant (IBCLC): Please make an appointment with your lactation consultant for follow-up within **3-7 days**.

Craniosacral Therapy/Occupational Therapy/Speech Therapy: After a release, adjunctive therapies are beneficial at helping to address muscle tightness/asymmetries, coaching the tongue to better coordinate muscle movements, etc. We have several therapists we commonly refer to. Refer to our Clinical Affiliates list for recommended providers.