

General Information about Frenum Procedures for the Infant

What is a Frenotomy?

A frenotomy is a surgery used to correct a congenital condition in which the lingual (tongue) or labial (lip) frenum is too tight, causing restrictions in movement and dysfunctional behaviors that can cause significant difficulty with breastfeeding and in some instances other health concerns like dental, digestive, speech, jaw development and/or airway issues. When it affects the lingual frenum, this condition is commonly called a tongue-tie; if the restriction is under the lip, it is referred to as a lip-tie.

How to Prepare

- The use of pain medication 30-60 minutes before the appointment can be helpful in minimizing post-procedural discomfort. Look for Dye-Free products (colorless and less likely to stain).
- If your child is under the age of 6 months, you may *only* administer Children's Tylenol (regardless of weight).
- You may plan on giving baby the following homeopathic remedies:

Dosage Chart

Acetaminophen (Tylenol)		Ibuprofen (Motrin/Advil)
< 5 pounds	1 mL	NA
6 - 11 pounds	1.25 mL	NA
12-17 pounds	2.5 mL	2.5 mL
18-23 pounds	3.75 mL	4 mL
24-35 pounds	5 mL	5 mL

- Arrive 15 minutes prior to your appointment time to fill out any remaining paperwork.
- We would like baby to eat after the procedure; please bring whatever your baby currently uses to eat (bottle, breast, nipple shield, milk, formula, etc.). Baby should not be starving at appointment time.
- Because we try to evaluate and treat within the same 60 minute visit, it's important to make the best use of your visit time by reading and filling out all of the required forms **before** arriving at the office. Please refer to your welcome email or our website for the information.

What to Expect During the Procedure

In general, the procedure is very well tolerated by babies. We take every measure to ensure that pain is minimized.

- Infants less than 6 months of age will be given an oral dose of 24% sucrose solution to offer analgesia (research has shown significant decreases in crying, grimacing, heart rate and pain relief following the administration of sucrose prior to painful/stressful procedures).
- Ice cold cotton is placed on the site prior to the procedure and post-procedure for "numbing" purposes.
- Due to laser safety regulations, parents are not allowed in the treatment room during the procedure. We will carry your baby to and from the room, and the approximate time away from you is about 5 minutes. The actual laser contact time is roughly 10 seconds per site. This may vary depending on the tissue thickness.
- Crying and fussiness are quite common post-procedure, especially in babies that are a 6 weeks old or older.