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Frenectomy Post-Operative Instructions with Baby

1. It is **normal for swelling** to occur in the lasered areas. This will usually go down after about a day and a half.
2. The Baby can be fussy the afternoon and evening following the procedure and may not nurse as much. **This is normal and should subside.**
3. Apply the coconut oil 2-3 times a day until all gone. It is okay if you forget to apply once or twice just try to keep up with it.
4. If the lip is bumped, the area may bleed again. Just apply pressure to the area to stop the bleeding.
5. **Stretching Information: Very Important, Can and Will determine the success of surgery!**
 - a. Place the baby's head in your lap to aid in proper direction and pressure.
 - b. The stretching process should not take more than **15-20seconds.**
 - c. If your fingers do not fit well in the baby's mouth for the stretches, then you can use the **wooden tongue depressor.**
 - d. **For the lip:** lift the lip up to full extension over the nostrils/nose, hold for a two count and release. Use index finger to massage gently back and forth.
 - e. **For the tongue:** lift the tongue up pressing in deep from the sides underneath to the full extension with mild to moderate pressure.
6. When nursing, get as much of the entire breast in the baby's mouth as possible. This will help the baby use suction by creating a vacuum rather than pinching to hold on.
7. Compress the breast a little when the baby gets the latch right. This will help the milk flow and lets the baby know that this is a better and easier way to nurse.
8. When nursing, hold the baby at a 45- degree angle and watch below the chin, you will be able to confirm the sucking and swallowing. The lower lip should be next to the breast, and the nose is free to breath.