

ENT Southlake

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Tongue Tie Aftercare

After a frenotomy (tie release), the main concerns are for discomfort and for reattachment of the oral tissues.

Pain control:

Some children do not have much discomfort, and often no medication is needed.

If necessary, Acetaminophen (Tylenol) can be used at 1.25cc per dose for a child 6-11 pounds. 2cc per dose for a child 11-15 pounds. Generally, a single dose the night of the procedure is sufficient. Please do not use unless child is very upset or fussy. Please check temperature before treatment, if in any way abnormal, please do not use.

Orajel naturals or Hyland teething gel used to be recommended, now we recommend use of coconut oil instead.

Exercise:

Traditionally, it is taught that no exercises are needed and that nursing alone is enough movement to prevent reattachment. This is probably true for most infants, but not all, especially if the latch is needing adjustment.

It is NORMAL TO HAVE A SMALL AMOUNT OF BLEEDING during and after the stretches. A complete description of recommended stretches and exercises can be found at : <http://www.drghaheri.com/aftercare/> along with videos and photos.

Perform one stretch the night of the procedure and then again in the morning. Recommend doing these at most diaper changes (about 5-6 times per day for the first 2 weeks) then tapering off for the next week until completely healed. The scissor technique generally heals faster than the laser.

Put both pointer fingers under the tongue and push the tongue toward the roof. Hold for 2 seconds then relax. Then push under the tongue backward in a sweeping motion, starting at the site of the release. Finally, massage the area underneath the tongue to help loosen the area.