



INFANT POST-PROCEDURE CARE PLAN

Infant *wound stretches* after tongue, buccal and lip-tie release:

Start the stretches the MORNING AFTER the procedure. DO NOT wake the baby at night. Do the wound stretches 4x/day (about every 6 hours) for the first 2 weeks while the wound is healing. Use the Arnica drops before or after the wound stretches for the first 2 weeks. Then do the stretches 3x/day for the next 2 weeks. Reduce the stretches to 2x/day for the following 2 weeks.

Tongue:

1. Tongue Lift – hold for 5 seconds

Cheek:

1. Pull out – hold for 5 seconds

Lip:

1. Lip Lift – hold for 5 seconds

***Tongue Lift - wound stretch*:**

Place each index finger at the corners of the diamond wound and press back with medium pressure. While continuing to press back, lift the fingers up towards the roof of the mouth and hold for 5 seconds. Then push back and up in a “J” motion over the wound with one finger. Doing this exercise stretches the diamond shaped wound to keep it from growing back together. There may be a drop of blood with the stretch if it opens the diamond a little, (this is normal).

***Cheek Pull - wound stretch*:**

Pull the cheek out for 5 seconds and then gently rub the soft part of your finger over the area where the cheek meets the gum. Pause where buccal ties were released. Allow finger to soften tissue, applying melting pressure.

***Lip Lift – wound stretch*:**

Lift the upper lip to the tip of the nose and hold for 5 seconds. You should be able to see the triangle shaped wound. Rub your finger across the wound and pushing it up in a “J” motion. This helps prevent it from growing back together.

Check out the “Videos of Tongue Exercises After Release” on my website under the Tongue-Tie Page in the Tongue-Tie Videos section. <https://beyondbirthabq.com/tongue-tie>

Bodywork at Home - First Week:

1. Tummy time and head hangs (guppy) 30-60 minutes a day – See Video on website.
2. Rhythmic movements throughout the day (on back, rib cage rock, on sides and pelvis massage) See Video.
3. Exercises to encourage closed mouth and tongue up to palate
 - a. Alternate nasal breathing
 - b. Brain mapping
 - c. Sleeping tongue posture hold
4. Home massage to address tension in the cheeks, lips, jaw, neck, arms, legs and hips. Several times a day.
 - a. Granny cheeks
 - b. Lip massage
 - c. TMJ massage, Walk the chin
 - d. Arm circles, Bicycle legs
 - e. Hip massage & stretch, belly massage in clock-wise direction (helps with gas)
5. Tongue exercises
 - a. Beep-Bop-Boop

- b. Latch challenge
- 6. Head Extension
 - a. Tummy time 30-60 minutes & Rhythmic movement
 - b. Head hangs & Guppy

Bodywork at Home - Week 2-4:

All of the **FIRST WEEK** exercises **PLUS**: Lip Stretch, Cheek Pull, Follow the Finger, Palate Zig Zags, Tongue Walk & Push-ups, Tug-o-war and Tongue Huggies

Managing Post-Procedure Discomfort:

Tylenol / Motrin is used for discomfort. May cause drowsiness. Tylenol / Motrin can be given every 6-8 hours. Not meant to exceed 2-5 doses after the procedure. If more is needed, please contact Melanie.



Infant Tylenol (160mg/5mL)	
Weight	Dose
6-7 lbs	1.25 mL
8 lbs	1.5 mL
9 lbs	1.75 mL
10 lbs	2 mL
11 lbs	2.25 mL
12 lbs	2.5 mL



Infant Motrin (50mg/1.25mL) after 6 months of age	
Weight	Dose
12-18 lbs	1.25 mL
18-24 lbs	1.875 mL

Arnica is used for pain, discomfort and inflammation of the wound.

Arnica 30C: Dissolve **15** pellets in 1 ounce of breastmilk (or distilled water). You may refrigerate it to help with swelling but that is not required. Discard after 1 month.

- **DAY 1:** give **10 drops** every hour the baby is awake post-procedure for 24 hours. Arnica may be given as often as every 15 minutes if baby is uncomfortable.
- **DAY 2-14:** give **10 drops** every 4-6 hours right before or after the wound stretches.

Breastmilk ice chips: Freeze 1 ounce breastmilk in a Ziploc bag, allowing breastmilk to lay flat. Use fingers to break into pieces and place under tongue before starting exercises.

Additional Techniques to Manage Discomfort: Warm baths, Skin-to-skin, Rhythmic Movements, Baby Wearing

****Schedule a bodywork (Chiropractic, massage, cranial sacral therapy) session 2-4 days after the procedure and then weekly to address body tensions and integrate changes after the release.****

Phone check-in the next day after the release.

Follow-up visit (1 hour) in one week for lactation and wound check: _____

Contact Melanie if you have any concerns by text or call at 505-808-0991.