

## INFANT POST-PROCEDURE CARE

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

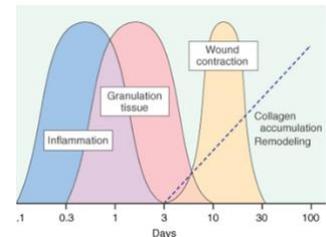
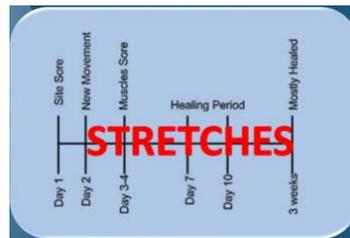
Watch the “Videos of Tongue Wound Stretches After Release” at <https://beyondbirthabq.com/tongue-tie>

Start the stretches the **MORNING AFTER** the procedure. Do the wound stretches 4x/day (about every 6 hours) for 2 weeks while the wound is healing. **Use the Arnica drops before and/or after the wound stretches for the first 2 weeks.** Then do the stretches 3x/day for 2 more weeks.

Tongue “J” stretch – repeat 3 times

Cheek Pull – repeat 3 times

Lip Lift – repeat 3 times



### Tongue “J” stretch:

Place your non-dominant thumb on the gum line and push down to hold the mouth open. Using the soft part of the index finger on the other hand, press down in the floor of the mouth right over the diamond wound with medium pressure. Then push up and back in a “J” motion over the wound to lift the tongue up and back to stretch the diamond. This helps prevent it from sticking back together. There may be a drop of blood with the stretch if it opens the diamond a little, (this is normal).

### Cheek Pull:

Pull the cheek out and hold for 1 second. Using the soft part of your finger put moderate pressure over the area between the cheek and the gum where the buccal ties were released. This helps prevent it from sticking back together.

### Lip Lift:

Lift the upper lip to the tip of the nose and hold for 1 second so that you can see the triangle shaped wound. Use your finger to push up over the wound in a “J” motion using moderate pressure and then rub back and forth over the wound. This helps prevent it from sticking back together.

### Bodywork at Home - First Week:

1. Exercises to encourage closed mouth and tongue up to palate
  - a. Alternate nasal breathing
  - b. Sleeping tongue posture hold
2. 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)
3. Head Extension
  - a. Tummy time 30-60 minutes/day – See video on website on tongue tie page
  - b. Rhythmic movements throughout the day (on back, rib cage rock, on sides and pelvis massage) See video.
  - c. Head hangs & Guppy several times a day – See video
4. Tongue exercises

- a. Beep-Bop-Boop
- b. Latch challenge

**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 and Tug-o-war

**Managing Post-Procedure Discomfort:**

**Tylenol / Motrin is used for discomfort.** *May cause drowsiness.* Tylenol / Motrin can be given every 6-8 hours. Most babies only need some pain relief the first 2-3 days. If more is needed and you are concerned, 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
13 lbs	2.8 mL
14 lbs	3.0 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 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. DO NOT touch the dropper to the mouth to keep it clean.
- **DAY 2-14:** give 10 drops every 4-6 hours right before and/or after the wound stretches.

**Breastmilk ice chips or Cold Pops:** 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. Alternatively, you could freeze some breast milk or formula in a bottle nipple or pacifier and use this to apply cold to the wounds for comfort or before wound stretches

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

**\*\*Schedule a bodywork (Chiropractic, osteopathic, 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.