



INFANT POST-PROCEDURE CARE

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

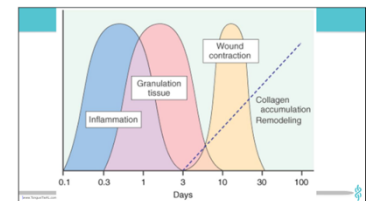
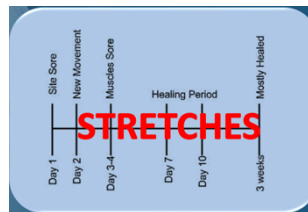
Watch the “Videos of Tongue Wound Stretches After Release” at <https://beyondbirthabq.com/tongue-tie>

Start the stretches the **MORNING AFTER** the procedure. **DO NOT** wake the baby at night. Do the wound stretches 4x/day (about every 6 hours) for weeks 1 & 2 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 weeks 3 & 4.

Tongue Lift – repeat 5 times

Cheek Pull – repeat 5 times

Lip Lift – repeat 5 times



Tongue Lift:

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 in a “J” motion over the wound and lift the tongue up 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. This helps prevent it from sticking back together.

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.