

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## EXERCISES & STRETCHES

**Tip:** always do stretches from overhead and with either clean, dry hands or with gloves. You can do exercises before, after or during feeding

### Schedule

#### Day 1

- One stretch before bed

#### Day 2 - Week 3

- Every 4-6 hours (6 stretches total)
  - When doing 6 stretches per day, do not wait more than 6 hours between stretches; you may need to wake your child up during the night to accomplish this

#### Week 4

- Week 4, day 1: 6 stretches
- Week 4, day 2: 5 stretches
- Week 4, day 3: 4 stretches
- Continue pattern until 0 stretches are needed

### Technique

#### Cheeks

- Insert one finger into baby's vestibule, or the deepest part of their cheek, on the right or left side
- With gentle, firm pressure, run your finger forward and back for 10 seconds
- Proceed to the other side of baby's mouth
- The goal is to try to loosen the tight cheek muscles to make baby's upper lip and cheeks more flexible

#### Lip

- Put your fingers all the way in the fold of the lip and pull the lip up and out as high as possible so you can see the white/yellow diamond
- Cover the nostrils while holding for 10 seconds
- Sweep your fingers across the surgical area 6 times
- Note: it may bleed slightly the first few days; this is not a concern.

#### Tongue

##### 1. The Forklift

- With two fingers, press directly on each side of the diamond and press the tongue back into the throat, then lift the tongue to the top of the mouth; this will elongate the diamond
- Repeat 10 times

##### 2. Pressure

- With one or two fingers, push the tongue directly on the white diamond straight back into the throat, putting tension on the wound for 10 seconds
- Note: it may bleed slightly the first few days; this is not a concern.

The main goal is to open the 'diamond' all the way up on the lip, and especially the tongue. If you notice it is becoming tight, then stretch with more pressure to open it back up.

Dr. Chris and a parent demonstrating overhead positioning for effective stretches



Scan the QR code to view our Youtube video on tongue & lip-tie stretches!



## POST-OP INSTRUCTIONS FOR TONGUE/LIP-TIE RELEASES

### Days 1-3

- Baby will be most sore for the first few days and discomfort may cause baby to be more fussy
- Expect that baby will cry during exercises/stretchers
- Use Arnica or Tylenol as directed by Dr. Peterson (see Pain Management)
- White/yellow patch will start to form; this is a sign of healing and is not an infection!
- Baby is learning how to use their "new mouth"; therefore, baby may have trouble latching/feeding
- You may notice more saliva and drooling
- Stay in touch with your support team: lactation consultant, speech therapist, chiropractor, etc.

### By the End of Week 1

- Discomfort should begin to subside; fussiness may continue
- Baby will still cry during exercises/stretchers, however, it is very important to continue with the proper exercise method and frequency
- Continue pain medications as needed
- White/yellow patch may start to shrink and thicken
- Extra saliva and drooling may continue
- Remain in contact with support team to continue learning "new mouth"

### Week 2 through the End of Week 3

- Soreness should be very minimal, if not gone completely
- Continue with exercises/stretchers; baby may still cry but will recover more quickly
- White/yellow patch may disappear completely
- Remain in contact with support team to continue learning "new mouth"
- Should begin to see progress with feeding

### Week 4

- White/yellow healing patch should disappear and the new frenum should be taking shape
- Begin to taper off exercises/stretchers

## SUGGESTED PAIN MANAGEMENT

### Arnica Montana

- Homeopathic pain reliever



### Tylenol

- Can be administered every 4-6 hours as needed
- Please note: proper infant dosage depends on their weight (see below)
- Concentration: 160mg/5mL



### Motrin

- Should only be administered if **older than 6 months**
- Can give every 6-8 hours
- Concentration: varies dependent on infant or children dosage



## TIPS FOR FEEDING DIFFICULTIES

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- Feeding difficulties may not immediately resolve with tie release(s)
- Some infants will need help relearning how to make the mouth work well
- Tongue play and exercises may help

### Breastfeeding Infants

- May find being skin-to-skin comforting and easier to self-attach
- Positions like laid-back and straddle (Australian) may also make latching easier
- Offering the breast after a partial feeding with a bottle, cup or finger feeding may help infant make the transition back to breast

### Bottle Feeding Infants

- May find smaller, more frequent feedings easier
- You can also try placing the bottle nipple under running hot tap water to soften it
- Some babies may prefer cool bottles as it can be more soothing to irritated tissues

### Cup Feeding

- You may need to wrap infant to keep hands out of the way and tuck a cloth under the chin
- Sit infant upright on your lap; never cup feed with infant lying back
- Use a small cup with a smooth edge and fill it 1/2 to 2/3 full with human milk or formula
- Place the cup at infant's lips, then tip until the fluid is just at the edge
- Infant will learn to sip or lap the milk from the cup; never pour the fluid into the infant's mouth

### Finger Feeding

- Pour a small cup of milk or formula
- Drawup a small amount into a medicine syringe
- If needed, attach the feeding tube and push the fluid to the end
- Have infant start sucking on your clean finger, then slide the syringe or feeding tube into the corner of the infant's mouth
- Depress the syringe as infant sucks; pause when s/he does

## FOLLOW-UP VISIT OPTIONS

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### 1 Week In-Office Visit

- Included with the release of tissue fee
- 10 minute office visit
- Assessment of healing
- One set of stretches completed

## OTHER HELPFUL HINTS

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### Fussiness & Discomfort

#### Skin-to-Skin Contact

- Try extra skin-to-skin contact
- This causes increased levels of oxytocin, helping to decrease pain and improve latch with self-attachment

#### Frozen Breast Milk

- Place a baggie of breast milk flat in the freezer
- Once frozen, chip small pieces of milk off and place in painful areas of the mouth

#### Pain Management

- Give as directed from page 2, Suggested Pain Management

#### Nursing

- You may notice that your baby wants to nurse more often for comfort

**\*\*\*Please call if baby has a fever of 101.5 or higher, uncontrollable bleeding or refusal to feed for over 8 hours!**

### Sleep

- You may notice your baby sleeping more; this could be from exhaustion, pain medication, or they could be more content after feedings
- Your baby's sleep schedule may be disrupted due to discomfort while healing

### Exercises/Stretches

- It is ideal to do stretches with 2 people while baby is swaddled
- You may experience some bleeding during exercises and that is okay!
- It may be helpful to wear a headlight for a better view of the mouth

## THANK YOU!

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Thank you for placing your trust in us to care for your little one! We pride ourselves in educating new parents and making sure they feel comfortable with our process. We sincerely wish you and your baby all the best and we hope for a quick and easy recovery. Please do not hesitate to contact us with any questions or concerns you may have!

**Please reach out to schedule a lactation specific appointment!!**

If you have any questions, please email:  
acacia@tonguetiewi.com  
or  
anne@tonguetiewi.com  
or call our office at 920-336-6594.

**For emergencies only**  
Dr. Peterson's Cell: 920-740-8761

**Please note:** we also offer dental services at De Pere Smiles and we would love to see you and your little one back at our office. We are currently accepting new patients of all ages!

## STRETCHES LOG

**Day 1 (day of procedure):** one stretch to each site at bedtime

**Day 2 - end of week 3:** 6 stretches in 24 hours (roughly every 4 hours but do not exceed 6 hours between stretches)

**Week 4:** begin to taper off (w4, d1: 6x/day; w4, d2: 5x/day, etc.)

W E E K 1	Day 1	1	completed at bedtime				
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 2	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 3	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 4	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	
	Day 3	1	2	3	4		
	Day 4	1	2	3			
	Day 5	1	2				
	Day 6	1					
	Day 7	Continue stretches as needed					

Stretches are stressful! Join our Facebook group to find support & guidance with other families going through the same experience as your family!



Use the QR code or find us on Facebook!  
Wisconsin Tongue Tie Institute | After Release Support