



PEDIATRIC DENTAL
SPECIALISTS OF WEST MICHIGAN
STEPHANIE KLOOSTRA, DDS, MS • KATHRYN SWANSON, DDS

LIP AND TONGUE TIE RELEASE CARE FOR TODDLERS AND CHILDREN

Your child may experience discomfort and soreness after the procedure, especially within the first 48 hours. Tylenol or Motrin at the recommended dose (see bottle for dose instructions) can be taken every 4-6 hours for relief. A soft food diet is recommended for the first 48 hours to prevent trauma to the treatment area.

Some bleeding after the procedure is normal within the first 24-48 hours. Avoid teething toys, objects in the mouth, or hard crunchy foods for 72 hours post-operatively to avoid any trauma to the healing tissue. Also keep your child's fingers and hands out of the oral cavity to aid in optimal healing. If bleeding continues, please contact our office.

The main risk of any frenectomy procedure is reattachment because the mouth heals very quickly. Quick oral healing is normally a great thing, but in this situation, it may cause partial reattachment of your child's tie release at the fold of either their lip or tongue site. This may cause persistence, a return or worsening of some of the tie's symptoms.

To minimize this undesired healing, the newly freed fold in the diamond release areas will need to be kept separated/open using very gentle lifts of the lip and tongue and additional finger sweep stretches of the newly created diamond shaped areas as demonstrated by your provider. The diamond shape wound should appear longer than it is wide when doing the stretch. These stretches should be done at a minimum every 6 hours over the 2 weeks following treatment to prevent reattachment of the tissue.

In addition to lifts and sweeps, it is important to encourage tongue movement to increase the underdeveloped oral strength. Sucking on a popsicle can be helpful to increase elevation and extension strength. In addition, placing peanut butter (or an allergy friendly substitute) on the roof of the mouth and corners of the lips will increase lateral strength of the tongue. These exercises should be done 2x daily starting 48 hours after a procedure (while lifts and sweeps should be done immediately following treatment).

Your child may need additional care from other providers after treatment. Dr. Katie and Dr. Stephanie will have recommendations based on your child's specific needs. These providers may include an occupational therapist, myofunctional therapist, speech pathologist, and/or chiropractor.

Please do not hesitate to contact our office with any questions or concerns 616-608-8898.

Follow this link to see post-op stretches: <https://www.youtube.com/watch?v=8SAITBc9Sy4>

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