

Aftercare at a Glance

for Tongue & Lip Tie Release

What to Expect

- Most babies do very well after the procedure.
- Mild fussiness, temporary feeding changes, and new oral movements are normal and usually improve within a few days.
- Mild swelling or a white/yellow healing patch can be normal.
- Consistent aftercare helps reduce the risk of reattachment.



Breastfeeding & Latch

- Attempt breastfeeding right away after the procedure.
- Give baby frequent opportunities to nurse & continue breastfeeding throughout the healing period.
- Schedule with a lactation consultation as soon as possible if any latch issue persist.
- Depending on severity of issues your provider may recommend additional stretches or massage.



Pain Management

- **Prioritize Comfort Nursing** and skin-to-skin contact.
- **Breastmilk**, a chilled pacifier, or a cool washcloth may offer relief.
- **Infant acetaminophen (Tylenol)**: dose based on weight every 4–6 hours as directed.
- **Arnica (homeopathic)**: Arnica tablets or pellets may be dissolved in a small amount of breastmilk and given with a pacifier syringe if recommended by your provider. **Ask your provider about dose.**
- **Camilia teething drops, clove teething oil, or Baby Oral Gel** may also be helpful.
- **For 6+ months**: Children's ibuprofen / Advil / Motrin may be used based on weight every 6–8 hours as directed.



When to Call Us

- Excessive bleeding
- Signs of infection (fever, pus, foul odor)
- Refusal to feed for more than 8 hours
- Poor urine output (fewer than 4 wet diapers in 24 hours)



Use medications only as directed by your provider.

Oral Stretches:

Start stretches the morning after the procedure. Continue **6x per day** (about every 4–5 hours, including once overnight) for **4–6 weeks**. **Be gentle but firm.** Your provider may discuss additional or alternative stretches on a case-by-case basis.

Lip Tie Stretch (Labial)



Wash hands thoroughly and apply clean gloves.

Optional: Apply a small amount of coconut oil or breastmilk to your index fingers to help reduce friction.

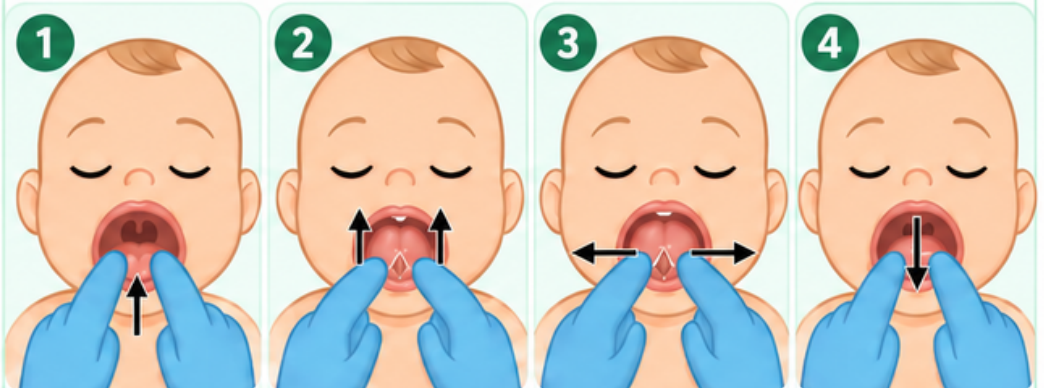
Lift the top lip all the way up by pressing underneath with both index fingers to expose the diamond-shaped wound.

Your fingers should be close to the wound site, gently stretching and exposing the diamond-shaped wound.

Hold for 1–2 seconds & release.

Repeat 1–2 more times if baby is tolerating it well.

Tongue Tie Stretch (Lingual)



Wash hands thoroughly and apply clean gloves.

Optional: Apply a small amount of coconut oil or breastmilk to your index fingers to help reduce friction.

Lift the tongue all the way up by pressing underneath with both index fingers to expose the diamond-shaped wound.

Your fingers should be close to the wound site, gently stretching and exposing the diamond-shaped wound.

Hold for 1–2 seconds & release.

Pressing underneath the tongue again at the center, gently slide your index fingers across the width of the tongue, exposing the diamond-shaped wound.

Hold for 1–2 seconds & release.

Repeat 1–2 more times if baby is tolerating it well.

Helpful Tips for Success



Build stretches into your routine, such as after diaper changes or before nursing.



Nurse immediately after the procedure and often for comfort.



A small amount of breastmilk or coconut oil on your fingers may help reduce friction.



If issues arise, contact us right away. Some babies may need an alternative aftercare plan.

OMT Aftercare

- OMT may be recommended a few days after the procedure.
- It may support latch, feeding, digestion, head turning, and tummy-time comfort.
- Some babies may have mild soreness, digestive shifts, or sleep changes for 24–48 hours.
- These effects are usually temporary.

Additional Therapies

- Lactation support (IBCLC)
- Osteopathic Manipulative Treatment (OMT)
- Speech / Feeding Therapy (SLP)
- Chiropractic care
- Baby massage or gentle tummy time may also help

Your provider can help determine what additional therapies may be beneficial for your child based on their individual needs.



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After-Hours Emergency Line:
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