

### Post Frenotomy Care

- A frenotomy involves cutting or “snipping” the membrane that is holding the tongue.
- Complications are rare and usually minor.
- A few drops of blood may occur. If the area under the tongue starts to ooze, hold pressure with a gauze or clean baby washcloth for a few minutes. If the area continues to ooze, call the office or doctor on call. If the area has active bleeding, call 911.
- The area will look different the next day as the tissue heals. The area where the cut was done may look white. If the area is draining pus or looks infected, call the office for a same day appointment.
- Your baby should not have pain from this procedure. Tylenol or Ibuprofen is not needed.

#### **The following exercises, as marked, are recommended:**

- **“Tongue sweeping”**  
Use a clean index finger with a short nail. Wet the finger with water. Place your finger tip pad side up under the baby’s tongue and gently sweep back and forth a few times. Do 3 times a day for 2 days. This will prevent the tissue edges from growing back together.
- **“Tongue dragging”**  
Use a clean index finger with a short nail. Tickle the lips until the baby opens his mouth. Place the pad side of your finger on top of the tongue and drag your finger from the back to the front of the tongue. Remove your finger and repeat 3 times. Do 3 times a day until latch and suck are improved.
- **“Tongue tip exercise”**  
Using a clean index finger, touch the baby’s lips. When the baby opens their mouth wide, touch the tip of the baby’s tongue then remove your finger. You should see the baby push their tongue out to follow your finger. Do this a few times before each feeding. If the baby is extending his tongue out past the lower gum line every time you touch the tip, you can stop this exercise.
- **“Tug of war”**  
Use a clean index finger or a pacifier. If using your finger tickle the lips and when the baby opens wide, place your finger pad side up into the mouth. Allow the baby to suck on your finger or pacifier. Gently try to draw your finger or pacifier out of the baby’s mouth but don’t remove your finger or pacifier. You should feel the baby trying to keep your finger or pacifier in the mouth. If the baby relaxes the muscles, put the finger or pacifier further into the mouth and repeat. Do about 10 times. This will strengthen the suck muscles which the baby has not been using effectively due to the tongue tie. Once the baby is latching well with a strong and effective suck you may stop this exercise.

**Be patient with yourself and the baby. It may take a few days to a few weeks for the baby to relearn how to suck correctly.**

Call The Lactation Center (717-740-5423) or the office triage nurse (717-569-8518) for any concerns or questions.