

LIP/TONGUE POST-OP

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE OFFICE 289-634-1088

TIMELINE: WHAT YOU MAY EXPECT

Week 1

- White/yellow healing patch form 2-3 days after procedure
- May observe minor bleeding during wound care stretching
- Baby is still adjusting and feeds may be inconsistent
- Follow wound care stretches 3x day

Weeks 2-4

- Continue wound care stretches x3 until end of week 4
- Healing patch will start to disappear
- As baby continues to build strength and healing finishes more consistent improvements in feedings should be observed

Wound Care

Use gentle and manual stretches x3 for 4 weeks for optimal healing holding for 3-5secs.

Standing Bouncy Stretch: If you are having difficulty with exercises or your child is getting upset. You can try the bouncing, standing stretch technique. Hold your baby in one arm while using your index finger on your free hand to access sites – bounce, walk and shush as needed.

Tongue: Stabilize, Visualize, And Elevate
BEGIN 24 HOURS AFTER PROCEDURE



STABILIZE child's head and chin. 1 finger/2 fingers to stabilize mouth holding chin down or pushing on lower gum pad

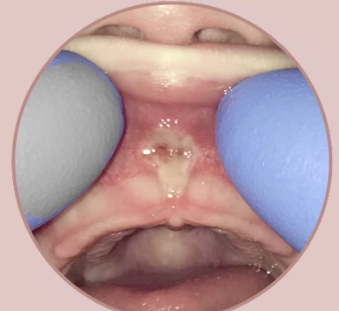


Push and scoop up aiming for your index finger at the floor of the mouth and VISUALIZE diamond



Push and ELEVATE tongue up and hold for 3-5 seconds

Lip: Finger sweep and UP and OUT



Use Index finger and FINGER SWEEP across healing area. Then use 2 fingers and pull lip and cheek UP AND OUT holding for 3-5 seconds

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Pain Management

Homeopathics

- Boiron Camilia: Oral Liquid Doses**
 - Children 1 month and up: Administer one entire liquid dose. You may repeat after 15 mins for 1-2 more doses. The repetition of 3 doses x3day is 9 TOTAL doses each day
- Hylan's Natural Baby Oral Pain Relief: Dissolvable oral tablets**
 - Children under 6 months: Dissolve 2 tablets on tongue every hour up to 4 hours as needed. For breast feeding infants dissolve tablet with breast milk to create a paste and wipe on inside of mouth
 - Children 6 months to 3 years: At onset of symptoms dissolve 3 tablets on tongue every hour up to 4 hours as needed.

Tylenol

- Infant Tylenol 80mg/1mL for first 2-3 days every 4-6 hours (Please change dose for Child Tylenol Dose)**
 - Babies who weigh 6lbs
 - 0.5mL
 - Babies who weigh 7 lbs
 - 0.6mL
 - Babies who weigh 8lbs
 - 0.7mL
 - Babies who weigh 9lbs
 - 0.75mL
 - Babies who weigh 10lbs
 - 0.85mL
 - Babies who weigh 11 lbs
 - 0.9mL
 - Babies who weigh 12-14 lbs
 - 1mL
 - Babies who weigh 15-17 lbs
 - 1.2mL
 - Babies who weigh 18-23 lbs
 - 1.5mL
 - Babies who weigh 24lbs+
 - 2mL

Normal Post-treatment occurrences

1. Increased Spitting up & Increased drooling
 - a. Some babies become more efficient and take in more milk causing a temporary increase in spit up symptoms. Your baby may also have increase salivary production due to increased oral mobility. As your baby adjusts these symptoms will go away with time.
2. Minor Bleeding
 - a. Minor drops of blood in the saliva may occasionally occur after stretching the site(s)
3. Changes in Symptoms and Feeding Habits Take Time
 - a. Expect an adjustment period. You have helped your baby optimize the anatomy but this healing period comes with some hiccups as baby heals and learns their new lip/tongue. Some babies require more support than others to adjust compensatory patterns and the adjustment to a new oral mobility.