

## POST-OP INSTRUCTIONS: LABIAL FRENUM (LIP-TIE)

### DAY OF SURGERY

- **Diet:** Whatever the child can tolerate. Try to avoid anything spicy, acidic, or carbonated for a few days.
- **Pain:** Over-the-counter pain medication (Motrin/Tylenol) is usually advised every 6 hours as needed for pain/discomfort over the next few days.
- **Activity:** Encourage your child to rest the day of his/her surgery and keep their head elevated.
- Slight fever is normal on the first day.
- Expect to see a "wet scab" on the released area following his/her surgery. It may appear white or yellow and soft. The area will get smaller each day as healing is happening under the scab.
- Swelling in the lip is normal for a few days. Ice packs can be applied to the outer lip, and cold fluids will help with the inside.

### DAY AFTER SURGERY

- With a clean finger, pull the lip up as high as possible, up to the nose if you can. **Do this at least 3 times a day.**
- The site may bleed when stretched. This is normal and part of the healing process.
- Even with the scab that is forming, the lip still needs to be stretched to **PREVENT** the site from reattaching. **Continue this for at least two weeks or until the site is fully healed.**
- Try to keep the mouth clean by brushing or using warm salt water rinses if possible.
- It is expected for babies to be fussier than normal, especially during exercises, but discomfort should start to subside daily.
- Complete healing of the site may take several weeks.
- Aftercare Youtube: Luna Lactation

**If any questions or concerns arise please contact our office (205) 900-WISE.**