



608-786-1632

Pain and Discomfort After

- The site feels like a burn in the
- Many patients report muscle soreness under the chin and around the lip after the procedure.
- There can be slight swelling in the first few days. This is normal.
- Ibuprofen is the best medication for relief of pain and discomfort as it also helps with any inflammation. Take the dosage you commonly take for a headache. Tylenol can also be added in addition or taken instead if you don't tolerate ibuprofen. Please avoid aspirin as it induces bleeding.
- Arnica Gel (found at the local co-op or amazon) for external use only: rub under chin and on upper lip up to 3x/day. Alternatively, Ben-gay could be used.

Treatment

mouth and can be uncomfortable.

Eating and Drinking

- You may eat or drink immediately after treatment but it is recommended that you wait until after anesthetic wears off.
- Avoid crunchy, pokey foods as well as hot temperature food or spicy foods for the first few days. Lukewarm or cold food will not irritate the wound.

Healing

- Healing can take anywhere from a few days to several weeks. The site will appear like a diamond and can look like a hole in the beginning. With time, it will fill in white/yellow which is NOT pus.
- It is normal for bleeding to occur, especially when stretching the area. This will not be harmful. If necessary, press on the area with a clean cloth or paper towel. Rarely does prolonged bleeding occur but please call our office if you have any concerns about the length of bleeding in your or your child's specific case.

Aftercare and Tongue Exercises

- Wash your hands and keep fingernails short
- It is preferable to do exercises before a meal as this will also stretch area, and they should last 15-30 seconds
- Do not expect immediate results. This can take a few weeks or more.

The tongue can move! But this does not mean it will automatically do so...your tongue still is resting in the position it always has as well as the upper lip. It is important to realize that mouth healing occurs faster than in other areas which means restrictions can re-attach quickly.

- Aftercare should be done for at least 2 weeks.
- Minimally 5-6x/day in the first 3 days and then 3x/day afterward
- It will be more comfortable if your fingers are cold



Lip and Tongue Tie release



Lip:

- Sweep the upper lip from left to right with your index finger.

Tongue:

- Open your mouth as wide as you can, while attempting to touch your front teeth with your tongue. Apply gentle pressure on the wound, breaking any reattached fibers.
- Stick the tongue out, moving it up and down until you feel tension
- Stick out your tongue and move it left to right as far as possible
- Stick tongue out as far as you can 10x
- Open your mouth as wide as possible: Move tip of tongue from upper lip to lower lip 10x
- Suck your tongue to the roof of your mouth and hold for 30 secs
- Make a clicking sound as often as you can
- For Toddlers and young children (and those young at heart)
 - Put a small amount of chocolate syrup in a shot glass and lick it out with your tongue
 - Lick frosting/peanut butter from a beater or whisk
 - Have an ice cream cone and lick it gone. No bites allowed!

Body Work

- Gentle body work such as chiropractic or craniosacral therapy is an important part of the process of treating the lip and tongue tie. The type of bodywork matters less than the skill of the practitioner. It's VERY important to find someone who is qualified and experienced working with babies. The body work helps the child's body release the adaptations that have formed while sucking with the restricted tongue function and helps to speed up the process of the child figuring out how to suck effectively.
 - In our area two recommended practitioners are:
 - **Dr. Erica Boland, Coulee Health**
 - 920 Highway 16, West Salem, WI 54669
 - 608-612-0777
 - <https://couleehealth.com>
 - **Dr. Kasey Payne, Connected Family Chiropractic**
 - 306 Main Street, Suite #101, La Crescent, MN 55947
 - 507-895-8100
 - <https://connectedfamchiro.com>

Please do not hesitate to call our office if you have any questions or concerns about your child, we are happy to help with any concerns you have.

References:

- <https://drghaheri.squarespace.com/aftercare>
- Tongue Tie Clinic, Netherlands – PDF
- <https://nurturedchild.ca/index.php/breastfeeding/challenges/what-to-expect-after-tongue-tie-and-lip-tie-release>