



## Frenectomy Post-Operative Instructions

1. It is **normal for swelling** to occur in the lasered areas. This will usually go down after about a day and a half.
2. The baby **can be fussy** the afternoon and evening following the procedure and may not nurse as much. This is **normal and will subside**.
3. Apply the **aloe** 2-3 times a day until all gone. It is okay if you forget to apply.
4. If the lip is bumped the area **may bleed** again. Just apply pressure to the area to stop the bleeding.
5. **Stretching Information:** *Very Important, can determine the success of surgery*
  - a. Place the baby's head in your lap to aid in proper direction and force.
  - b. The stretching process should not take more than **15-20 seconds**.
  - c. If your fingers do not fit well in the baby's mouth for the stretches then you can use the **plastic tongue depressor**.
  - d. **For the lip:** lift the lip up to full extension with mild to moderate force.
  - e. **For the tongue:** lift the tongue up from the sides to the full extension with mild to moderate force.
6. When nursing, get as much of the nipple/areola/breast in the baby's mouth as possible. This will help the baby use suction by creating a vacuum rather than pinching.
7. Compress the breast a little when the baby gets the latch right. This will help the milk flow and lets the baby know that this is a better and easier way to nurse.
8. When nursing hold the baby at a 45-degree angle and watch below the chin. You can confirm the suckling and swallowing. The lower lip should be next to the breast, and the nose is free to breath. YouTube is a good source for visual examples of a proper latch.
9. **Review** this video for stretching examples: [Google Dr. Kotlow stretching video](#)  
Please review this blog for more information and videos.  
<http://drghaheri.squarespace.com/aftercare>.