

## ONE WEEK SOFT TISSUE CHECK of Infant Frenectomy

You may come in personally or if you feel the wound is healing without complication you may send images of the wound to Dr. Yazdi as directed to you on a separate form named: *“Post Procedure IMAGES: How to take them; When and Where to send them for Review”*.

During your healing process please continue to follow up with your lactation consultant, as IBCLC’s have thousands of hours of education & experience that may help you in this journey.

**In the next few weeks** please DO NOT back off your wound care management in any way! Please do not let up in pressure, technique, nor timing. Keep up your diligence because:

**ABILITY OF WOUND TO CLOSE IS VERY HIGH IN THE FIRST 5 WEEKS**

**IF** healing continues with an OPEN diamond, **THEN** function should continue to improve.

- Consider: Tongue Strengthening Exercises: see VIDEO on our Breast-Feeding web page  
The video is called *“Frenectomy Exercises with Melissa Cole of Luna Lactation”*  
Rx: 3 times a day for 2 weeks; your baby may or may not cooperate.
- Consider: Body Work: type of baby massage: ask your lactation consultant about this.  
Various professionals provide this service to relax the tension in your baby’s body to facilitate breast feeding. This service can be quite effective.

**You may contact Dr. Yazdi regarding possible RE-attachment if:**

**YOU HAVE LOST A SIGNIFICANT AMOUNT OF FUNCTIONAL GAIN.**

*Meaning:* **IF** you had significant **BENEFIT** from the procedure, **AND** you have significant **LOSS** of that benefit in post-operative weeks 1 to 5, **THEN** we may consider a re-release of the tight tissues. Otherwise, further treatment is probably not justified. Some level of re-attachment is normal and well tolerated. Proper nursing is the hardest function for the tongue to achieve; and if you are doing even OK with nursing, future functions should be much easier, **NOT** requiring another surgery. If you seek anatomical perfection for your baby, it may be achieved with sutures at ages 6 and above when most kids and adults are cooperative. An ENT, oral surgeon, or a periodontist may provide this service as well.

***BEST WISHES TO YOU FROM Dr. Yazdi & Staff***