

## **My Experience with Ibuprofen and Infants post-Tongue-Tie-Release**

**I agree!** infants should not be given any medicines routinely; but if you deal with inflammation using a NONE-anti-inflammatory you may run into trouble; trouble may come by way of:

**Inflammation → pain → poor function → poor healing → poor long term function.**

**Kidney?** Two instances of our patients having kidney reflux as a pre-existing condition, where the primary organ needed to deal with Ibuprofen was compromised; both instances the parents called their nephrologist (kidney specialist), both times their nephrologist advised it was OK to provide Ibuprofen.

**Safety?** Ibuprofen has a wide margin of safety especially if you are hydrated well (i.e. milk); unlike most medicines it is safe at higher doses due to its low toxicity and supreme effectiveness; which is why too many people abuse it by taking it daily and for decades, a very poor habit.

**AAP Guideline?** a fine general guideline that are to be applied to millions of people at a time; but, you are here for very specialized care tailored to you. There is nothing general about the equipment we provide, nothing general about the pre-operative screening your referring provider offered, nothing general about evolution of the care and expertise surrounding your baby today, nor the post-operative care we are advising. Ultimately you decide.

**Labels?** The Ibuprofen directions do NOT say not to give to under 6months of age; it does say to consult your doctor; we also believe that you should be consulting the right doctor; NOT consulting a "doctor of chemistry", not a "PHD in Tae Kwon Do" nor any other well meaning reputable trusted "doctor"; we strongly advise that you consult your "doctor of this exact surgery" responsible for this very incision.

**Tummy?** Any person big or small may not do well with any food or medicine ingested; do provide Ibuprofen BUT **NOT on an empty stomach; give within 30min after nursing to provide a coating of milk on the stomach lining.** If tummy issues arise discontinue Ibuprofen. Still need pain control? use Tylenol. You may choose from the start to alternate use of Ibuprofen and Tylenol every 4 hours, giving Ibuprofen first. This way you are providing 50% less Tylenol and 25% less Ibuprofen if that makes you more comfortable as a parent. Per parent feedback, in recent months we found generally **two doses** of Ibuprofen does the job. If any issues arise stop giving it and the issues should go away; or call me directly on my cell telephone or emergency page me; we'll figure it out together.

**iDream:** a world full of competent Yoga instructors minimizing our society's dependency on Ibuprofen; that said we would like the best possible recovery for your baby based on comfort and maximum chance for best tongue function; pain will affect tongue function... function will affect healing; thus far everything we have experienced and learned point in the direction of minimal and judicious use of Ibuprofen.

**-Shervin Yazdi, DDS**