

Open Healing WRITTEN

infant frenectomy post-op, Shervin Yazdi, DDS

Some babies experience discomfort for the first few days after the procedure. Provide pain medication as well as skin to skin warm bath (minding fresh C-section wound and umbilical stump water exposure guidelines). The healing site will change colors (white, yellow, green, etc.) and then normalize. A bit of blood early on should not be a concern as it is usually mostly saliva. Breastfeeding is one way to stop the bleeding. In the unlikely event that bleeding continues use a napkin or a moistened tea bag and apply pressure on the wound for a few minutes. If concerned contact us for help.

Diligent wound management reduces the risk and extent of re-attachment

- Differing healing potential, infant temperament, and parenting styles are taken into account in choosing the range of performing every 3-6 hours for 5 weeks.
- Many parents choose to perform **after every feeding** with good results.
 - **The lip: Pull - Press**
 - **The Tongue: Pull - Press**

Wound Care Technique Details and reminders below:

Start about 4 hours after procedure. Proper pain control is vital to proper healing & function. Shorten index fingernails; wash hands or use Nitrile gloves (no latex gloves please); use proper positioning with baby's feet away from you; safely restrain baby, stabilize the head, take a close look with a HEAD LAMP; PULL tissue to fully open the wound, then PRESS @ fold.

PULL: retract the tissue well to expose diamond

PRESS: only once with pad of index finger

Don't: place baby on **lap**, don't press **lightly**, don't press **tongue** nor **corner of mouth**, don't **rub**

Do: **control pain**, use **headlamp**, keep **elbow down**, use **dominant side**, parents to **alternate**

- Just a few seconds every few hours and you shall succeed -