

## **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?** few instances of our patients having kidney reflux as a pre-existing condition, as the primary organ needed to deal with Ibuprofen was compromised; parents called their nephrologist (kidney specialist), often their nephrologist advised it was OK to provide minimal Ibuprofen for surgery.

**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. Studies have shown that there is **NOT** a higher risk for under 6months of age compared with 6-12months of age(Walsh et al, 2018).

**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 15min after nursing to provide a coating of milk on the stomach lining.** If tummy issues arise discontinue Ibuprofen. Still need pain control? use Tylenol. We may have prescribed for you to take Ibuprofen and Tylenol; sometimes we ask you to have them ONBOARD in the body at the same time but **not** ADMINISTER them at the same time. If the tummy gets upset we want you to know which medicine caused it so you can stop taking that particular one. In another words don't take them less than one hour apart. Per parent feedback, we found generally **one or two total doses** of Ibuprofen along with a few doses of Tylenol 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. Consistent with the latest research, our understanding and experience point in the direction of very judicious use of Ibuprofen. The great majority of our client nurse, dentist, physician, and pharmacist parents are showing up with Ibuprofen in hand reaping the benefits for their precious ones.

**-Sherwin Yazdi, DDS**