

# 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***

- Wound size, healing potential, infant reaction, and parenting styles are considered in choosing wound care frequency: usually every **8** hours = **3** times per day, for **5** weeks.

***Active Wound Care Technique details and reminders below:***

Start about **24** 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

## **SOLUTIONS to TOP 10 WOUND CARE MISTAKES:**

- Don't:**
- don't place baby on lap = unsafe unless 2 adults knee to knee
  - don't press on corner of mouth = deflects your finger
  - don't press on tongue, nor lip, nor gums = press on the wound instead
  - don't press too lightly = we want definitive pressure but not hard
  - don't rub = can irritate tissue and produce a bump of new growth
- Do:**
- do control pain = pain lowers function, increases reattachment
  - do use a headlamp = other light sources create shadow & one less hand
  - do approach from dominant side= example: your right hand and baby's right side
  - do keep elbow down = raising elbow affects finger position, may create finger poke
  - do have parents alternate = two heads + four eyes = higher success rate

**Be sure to watch our posted videos for further clarification.**

*- Let Dr. Yazdi know to clarify if needed-*