

# Open Healing WRITTEN

*infant frenectomy post-op, Shervin Yazdi, DDS*

Most 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, using a napkin and apply pressure on the wound. If still 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 3-5 hours for 3-5 weeks.
- Many parents choose to perform every **4 hours** with good results.
  - **The lip:**      **Lift - Press - Rub**
  - **The Tongue:** **Lift - Press - Rub**

***Wound Care Technique Details and reminders below:***

Consider pain control in order to have a clear conscience and optimum focus; do not disconnect mentally because baby is crying; shorten and file index fingernails, use proper positioning with feet away from you, safely restrain baby, stabilize the head, take a close look with HEAD LAMP, use few but deliberate strokes, use medium pressure, each motion is for 1 second.

**Lift:** use close index fingers with backward pressure to lift @ diamond.

**Press - Rub:** use pad of index finger to press, then rub up & down @ fold.

*- Just a few seconds every few hours and you will succeed -*