

ONE WEEK SOFT TISSUE CHECK of Infant Frenectomy

Congratulations !! You have made it through the toughest part of your baby's wound care.

TODAY WE WILL:

- A. Check for proper healing
- B. Review after care if needed
- C. Provide further recommendations

IF your breastfeeding is not going well despite proper healing please continue to follow up with your lactation consultant. They will guide you towards the next step in your journey.

In the next few weeks please DO NOT back off your wound care management in any way! Please do not let up in pressure, technique, and timing. Keep up your diligence because:

ABILITY OF WOUND TO CLOSE IS VERY HIGH IN WEEKS 2 & 3 4 5 6 weeks

IF the healing continues with an OPEN diamond, **THEN** function should continue to improve.

- Consider: Tongue Strengthening Exercises: Video #4 on our Breast Feeding web page
The video is called “*Frenectomy Exercises with Melissa Cole of Luna Lactation*”
Rx: 4 times a day for 4 weeks; your baby may or may not cooperate.
- Consider: Body Work: type of baby massage: please ask your lactation consultant about this.
Various professionals provide this service to relax the tension in your baby’s body to facilitate breast feeding if it is still challenging. This service can be quite effective.

BEST WISHES TO YOU FROM Dr. Yazdi & Staff