

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 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 3-5 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:

Start about 4 hours after the procedure. Proper pain control also helps you focus due to a clear conscience; shorten and file index fingernails; use proper positioning with baby's feet away from you; safely restrain baby, stabilize the head, take a close look with a HEAD LAMP, use deliberate strokes & medium pressure.

Lift: the tissue well so you can see

Press: with pad of index finger @fold

Rub: once downward then upward

Don't: don't place baby on your lap, don't press lightly, don't press on corner of mouth

Do: use a headlamp, finish pressing prior to rubbing, parents to alternate when home

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