

# 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** for **4 weeks** 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, elbow in

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