

Lip & Tongue-Tie Procedure What to Expect...

Leading up to the procedure:

1. If possible, avoid feeding your child within 2 hours of the procedure. This will reduce the chance that they might 'spit up' during the procedure.
2. Ask your family doctor if there is any reason why your child cannot tolerate Tylenol. **DO NOT use Advil** or any NSAID type medication unless your child is over 1 year old.

After the procedure:

1. Give Tylenol within 1 hour after the procedure. This dosage can be $\frac{1}{4}$ or $\frac{1}{2}$ of the recommended dose. The full dose is not usually required.
2. The child can have a regular diet – there is no change in how they eat or perform their regular activities.
3. Do one stretching exercise before bedtime. It is normal to have some minor bleeding during stretching exercises.
4. It is normal for your child to be a bit fussy. Most parents do not report any behaviour changes beyond the first 24 hours. It is normal to have slight swelling on the upper lip if a lip release was completed.
5. Cold things can help sooth discomfort. The amount of discomfort is similar to a 'pizza burn' inside your mouth.
6. On the day after the procedure, perform stretching exercises 4 times per day. One in the morning, one at night, and two in between. This should be performed for **FOUR weeks** for lip releases, and **EIGHT weeks** for tongue releases.
7. After 2-3 days, the site of the release will look bright yellow/white. **This is not an infection - it is normal.** This is what the scab looks like inside the mouth. It will turn progressively more pale white over a week, and then slowly more pink over the next 2 to 3 weeks.
8. Bleeding that is minor is ok during stretching exercises and can be expected. This is happening because the body is trying to re-attach to the wound site and you are breaking it. **A nosebleed amount is not normal.**
9. If you get bleeding that is concerning:
 - a. Apply pressure
 - b. Use direct pressure with your finger. You can push the tongue onto itself by placing fingers over the tongue and the lower jawbone. Do not place fingers on the soft part under the chin near the neck as you can create choking. If the lip is bleeding, place pressure directly on the wound itself or press the lip onto itself over the wound.
 - c. If the tongue is bleeding, you can try using a cold pacifier. This will apply pressure over the tongue.
 - d. You can use cold to help slow it down.
 - e. Bleeding should stop within 5 minutes.
10. You will be seen in the clinic for a 1 week follow up and a 2 week follow up.

Emergencies:

1. If you have any bleeding that does not seem normal, phone **(905) 466 5431** immediately.
2. Any large and rapid swelling over the neck or floor of mouth under the tongue can also be concerning. Please phone the number above if you have any concerns.