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Tongue-Tie and/or Lip-Tie Release Procedure POST-OPERATIVE CARE INSTRUCTIONS

WHAT TO EXPECT

- You may see a small amount of blood in the saliva right after this procedure
- Pain on the day of surgery is rare but may be controlled with Tylenol
- Low-grade fever (less than 101 degrees F) may occur

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MEDICATION

- Tylenol® may be used on the day of the procedure for pain according to package directions every 6 hours as needed

EXERCISES

- For Tongue-tie: For the next two (2) weeks, before every feeding, put a few drops of breastmilk on a soft brush and softly stroke the tongue with the brush. This will encourage your infant to stick out the tongue.
- For Lip-tie: For the next two to four (2-4) weeks, before every feeding, curl lip or gently lift lip away from teeth to ensure that lip-tie does not reattach