



Tongue-Tie and Lip-Tie Aftercare Exercises and Information

After a tongue-tie or lip-tie is released, it is important that the tongue/lip moves well to ensure it heals in an optimal position which can be achieved by some simple exercises. After the tongue-tie is released, you will see a diamond shape under the tongue (or lip). It is normal for this to be white or yellow as it heals. As the diamond heals fibers grow over it and we want to make sure it heals as stretched as possible. If you don't do the exercises it will sometimes completely seal back down or compress as it heals which sometimes needs to be reclipped.

If your baby is experiencing pain while doing any of the exercises you may want to try some of the other exercises instead as we do not want this to be a negative experience. Singing songs can help make these exercises fun and a bonding experience for you and your baby. To start, wash your hands and ensure your nails are trimmed. There is no need to wear gloves.

1. **Sleeping Tongue Posture Hold:** When baby is asleep gently press down their chin to see into their mouth. The tongue should be sitting on the top of the mouth. Gently pull down the chin until the tongue releases, then close the mouth, and repeat 2-3 times. This allows for a gentle stretch and allows you to visualize the healing diamond.
2. **Rub the lower gums:** Gently introduce your finger in the baby's mouth and tickle the side of each of the lower gums. The tongue will move towards that side. Switch to the other side to encourage the tongue to move side to side. Repeat several times.
3. **Wound stretch:** (the same for Lip-Tie except you lift the lip to see under it) There are several ways to do this, and you can try different ways and see what works best for you and your baby.
 - Holding your baby facing away from you with one arm so as to not overwhelm them, gently slip the index finger of the other arm under your baby's tongue and gently press on the diamond, stretching it slightly. You can do this hold while standing/walking which sometimes calms the baby. Some physicians recommend a J technique where you bring your finger under the tongue until it hits the base and then massage upwards to stretch the tongue like the shape of a J. Repeat 6 times.
 - Another technique is to put both your index fingers under your baby's tongue (one on each side of the clipped area) and push the tongue up to stretch it. You should be able to see the diamond-shaped cut easily.
 - A third technique is to slide your index finger under your baby's tongue until you feel the base of the tongue (your finger will stop) and rub across the wound from one side to the other.

We recommend doing the exercises before or after every feed (depending on which your baby prefers), at least 6 times a day. We recommend continuing the exercises for at least 2 weeks but there may be a benefit to continue for up to 6 weeks after Tongue-Tie release.

Pain control:

Most babies do not require anything for pain after the procedure. However, sometimes babies do feel some pain and discomfort later in the day, or for a few days (especially if they are older). Feel free to give your baby some infant Tylenol and/or Advil/Motrin if they seem to be in pain.

Your Baby's Weight: _____

Infant Tylenol Dose:

10-15 mg/kg/dose every 4-6 hours as needed

It comes in 80 mg/mL

Example - if baby is 4kg then $10 \text{ mg} \times 4\text{kg} = 40 \text{ mg}$ or 0.5 mL every 4-6 hours as needed

Your Baby's Tylenol dose = mg = mL every 4-6 hours as needed

Infant Advil Dose:

10 mg/kg/dose every 4-6 hours as needed

It comes in 40 mg/mL (or 20 mg/mL if Children's version)

Example - if baby is 4kg then $10 \text{ mg} \times 4\text{kg} = 40 \text{ mg}$ or 1 mL every 4-6 hours as needed (if using 40 mg/mL infant version)

Infant Motrin Dose:

10 mg/kg/dose every 4-6 hours as needed

It comes in 100mg/5mL

Example - if baby is 4kg then $10 \text{ mg} \times 4\text{kg} = 40 \text{ mg}$ or 2 mL every 4-6 hours as needed

Other information:

Sometimes babies swallow some blood during the procedure which can change the colour of their poop to be dark brown or black. Generally, this will resolve in 1-2 days and is considered normal. If it continues longer than that, please contact us or your regular family physician.