

## **Children's Oral Care Only P.C.**

Caroline Scholtz, D.D.S, M.S.

[www.carolinescholtz.com](http://www.carolinescholtz.com)

**FOR INFANTS 0 – 1 YEAR**

### **LIP-TIE AND TONGUE-TIE INSTRUCTIONS FOLLOWIN SURGERY**

- 1) YOU MAY BREAST FEED OR BOTTLE FEED YOUR BABY IMMEDIATELY FOLLOWING SURGERY.
- 2) YOUR BABY MAY USE A PACIFIER IMMEDIATELY FOLLOWING SURGERY.
- 3) FOR THE FIRST 2-3 DAYS FOLLOWING SURGERY, YOU MAY USE OVER THE COUNTER TYLENOL ON AN AS-NEEDED BASIS FOR DISCOMFORT. NOTE: DOSAGE SCHEDULE MAY BE OBTAINED FROM THE PHARMACIST OR PEDIATRICIAN.
- 4) THE FOLLOWING EXERCISES SHOULD BE STARTED ONE DAY AFTER SURGERY DAY:

#### **LIP-TIE EXERCISE:**

GENTLY LIFT THE LIP AS HIGH AS IT WILL GO AND HOLD IT UP FOR 3 SECONDS.  
REPEAT 3-5 TIMES EACH DAY UNTIL POST-OP VISIT.

#### **TONGUE-TIE EXERCISE:**

GENTLY PLACE INDEX AND MIDDLE FINGER UNDER TONGUE. PUSH POSTERIORLY AND HOLD FOR UP TO 3 SECONDS. REPEAT 3 – 5 TIMES PER DAY (BEFORE EVERY OTHER FEEDING).

- 5) COMMON POST-OPERATIVE HEALING CONSEQUENCES:
  - a. Swelling of the lip after lip-tie surgery
  - b. Low grade fever, under 100 degrees F.
  - c. Slight bleeding of the surgical area for one to two days

**In case of emergency, Dr. Scholtz can be reached at 847-702-8809.**

Your follow up appointment is: \_\_\_\_\_

**185 N. Milwaukee Ave.  
Suite 140  
Lincolnshire, IL 60069  
847-478-8100**

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