**POST-OP INSTRUCTIONS FOR TONGUE & LIP TIE RELEASE**

**TONGUE-TIE RELEASE**

Your goal is to have the area heal and re-form as far back as possible to give the most mobility.

1. **NO STITCHES: STARTING TOMORROW AM:** With a clean or gloved finger, push down behind the teeth in the floor of the mouth, and swipe/push into and up the tongue (on the diamond), lifting the tongue at the top of the diamond in the middle of the tongue. Your goal is to see the whole diamond open up and lengthen. It may bleed slightly when it is stretched or re-opened. This is not a concern. Try to make a game of it if possible and keep it playful, or bribery can work too ☺.
2. Repeat this **4 times a day for 4 weeks. Quality stretches are the key.**
3. **IF SUTURED:** no stretching for first 3 days. On day 3, start gentle stretching and exercises (see #4)
4. **Exercises:** (start next morning if no stitches, and on day 3 if you have stitches): Move the tongue as much as possible by sticking it out and holding for 10 sec, out to the left, right, open wide and lift up and paint the roof, make clicking noises, and clean off the teeth. Tongue pull: Pull tongue out forward with fingers, count to 10. Repeat pulling tongue out towards left and right. Finger bar: apply gentle pressure with index finger to floor of mouth right behind lower front teeth. Push tongue out and over lower front teeth, hold for 10-15 seconds, and repeat with other hand. Floor of mouth massage: swipe index finger back and forth under tongue. Fork lift: index finger and middle finger on left and right under tongue, and lift the back of the tongue up. Do these exercises as often as possible, but try for 3-4 times a day or as directed by your therapist.

**LIP TIE RELEASE**

The goal is for the lip to heal and be able to lift as high as possible.

1. **STARTING TOMORROW:** Pull the lip up as high as possible, high enough to press against the nose (or down to chin if the lower lip was treated). You want to see the whole white diamond open up. Press gently but firmly right on the wound to massage it and keep the diamond open. Swipe your finger up and down, and side-to-side on the wound. It may bleed slightly when this is done, but this is not a concern. Puff your upper lip up with air, hold for 10 seconds.
2. Repeat **4 times a day for 4 weeks.**

The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet **(not infected).** This area is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day, but healing is still happening! So even though the white scab will heal you MUST continue the stretching or the new frenum will not be as long as possible and the surgery may need to be repeated.

**You can eat whatever foods you can tolerate. Avoid spicy and acidic food in the first few days. Pain relief is needed the first few days. Give Motrin or Advil (ibuprofen) or Tylenol (Acetominophen) as directed on the package based on weight. You can alternate Tylenol and Motrin every 4 hours. If the lip-tie was released, the your lip may swell up slightly that evening or the next day. It is normal and will go down after a day or two. The wound will be sore for a few days, at one week look much better, and at two weeks look almost normal. A slight fever is normal the first day. You should eat and sleep normally. If you’re concerned it is growing back together, come back for a visit or email a picture. Treatment with a myofunctional therapist and bodyworker (Chiropractor, CST) is recommended for full rehabilitation.**

If you have any questions, please call us at 203-724-7744, or Dr. Levy’s cell at 917-841-7780.