

## After Your Visit

With Dr. Dahl's technique, there is 100% improvement in your baby's gape right after the procedure. Usually, the day of the procedure results in the best latch. For older babies, the following few days may be less perfect, but improvement continues on from there. If you are still uncertain of how to latch after you leave the office, it is best to work with a lactation consultant. We have a list of referrals if needed.

1. After the procedure, your baby is unlikely to experience discomfort or bleeding and there is no risk of infection. In babies under 4 weeks, no pain medication is necessary. However, if your baby is over 4 weeks old and seems uncomfortable you can apply a tiny amount of Oragel to the incision, which immediately numbs the site. If the baby is still uncomfortable it is likely due to gas/colic and not pain from the procedure. For babies over 6 weeks, a few drops of Tylenol may be also be given for pain.
2. Because your baby may swallow some blood during the procedure, occasionally you will notice darker stool or spit up when you get home. This is not of concern, but may cause abdominal discomfort or gas.
3. Facial massage over the next week using your fingers will often help relax and aid your baby in learning a new sucking method.
  - a. Gently massage cheeks to relax the muscles.
  - b. Gently and slowly massage around the lips in a circular motion until your baby seems to want to suck on your finger
4. You will notice white or yellow tissue developing in the area of the incision under the tongue. This is normal and not an infection. It is important to stretch and separate this tissue so it does not grow into a scar and cause reattachment. It will disappear after 1-2 weeks of stretching.
5. If nursing seems fine during the first few days then gets worse towards the end of the week, it is possible that the incision site grew back. This is rare, and happens about 1% of the time. If you perform the stretching exercises, that rate is even lower. If you suspect regrowth, contact Dr. Dahl within the first two weeks to see if another procedure is warranted.

### Tongue Stretching exercises

Stretching is an important part of your infant's successful healing and helps to prevent reattachment, which can occur about 1% of the time. There are many ways to do stretching exercises. Here are our recommendations, but feel free to work with your lactation consultant to find a method that works best for you and your baby. Begin performing exercises the evening after the procedure. Do them for several seconds before or after each feeding for up to one week, 3-8 times a day.

*Method one:* Place the index finger of your left hand on the underside of your baby's tongue and your right thumb on your baby's chin. Hold the chin in place while pulling up the tongue to open the diamond shaped area where the incision was made. You need to use sufficient force to totally reopen the surgical site to prevent the reattachment. Some bleeding may occur, which is normal.

*Method two:* Sweep the area underneath the tongue with your index finger, stretching/removing the white tissue if it is present to prevent scar tissue from forming.