

## What if my child has teeth?

If your child is old enough to have teeth, stretching can be extra difficult.

-If they don't have molars, insert your fingers behind the front teeth to do the stretches.

-If they have molars, a bite block, a zvibe or other tool may be used. Your TLC therapist will help you with this.



Scan this QR code to take you to our resources page on our website.

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## Post-Revision Sequence (Post-Frenectomy)



## What to expect:

Your baby will be sore for the first week. As a result you may see a decrease in feeding and sleeping.

Remember that in addition to being sore, their body is learning a new way to suck. Up to this point, your little one has had to adapt tongue and jaw movements in order to feed.

By 3-4 weeks following with body work, suck training, tongue strengthening, and mobility exercises, your child will be able to become more efficient in feeding. After surgical procedure, white or yellow discoloration may be present. This is not a sign of infection.

Most dentists recommend stretching 3-4x per day. At TLC, we recommend gently stretches every 4 hours around the clock just enough to open the wound for the first 72 hours.

A short appointment with TLC should be made within 48-72 hours to ensure adequate stretching. Keep in mind that the initial goal is to prevent raw tissue from contacting other raw tissues in the diamond area. This is the best way we have found to prevent reattachments.

## At home stretches

Use same amount of pressure when stretching fingers apart.

Lip sweep for Lip Revisions:

- Lift upper lip to nostril
- With index finger, sweep side-to-side across the incision.

Tongue Peel:

- Take both index fingers and apply pressure towards the front lower teeth and scoop fingers up on top of mouth.
- Maintain pressure and move fingers back up toward base of tongue.
- Lift tongue up and hold.

## Post-frenectomy wound care

We recommend the following for any pain relief:

- Bairon Camilia (used for teething symptoms)
- Arnica drops
- Hylands dissolvable oral tablets
- Frozen breast milk
- Ice chips

After the frenectomy procedure, some children benefit from body work/oral motor work in order to help release the tight fascia/muscles they have learned to use to compensate for having a short frenulum or improper suck. At TLC, we specialize in body work and make it a priority in your after care protocol.

Remember at TLC, we are here to help you at anytime. Sometimes parents need support and assurance post-frenectomy care. This is what we do, so don't hesitate to call us!

## How long do I have to do stretches?

Weeks 1-3:

Every 4 hours and prior to feeding along with suck training.

Weeks 4-6:

4x per day with a change of stretching exercises depending on the healing process

\*Note stretches should be gentle, yet strong enough to prevent reattachment the first 7 days.