



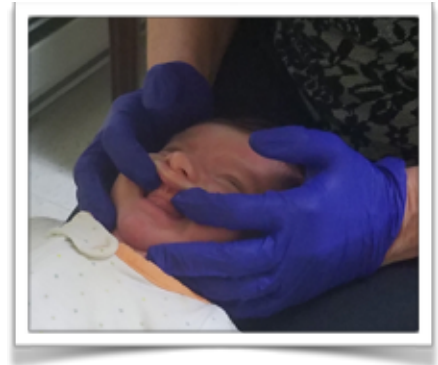
Lisa Paladino CNM, IBCLC

STRETCHES AFTER FRENOTOMY

These are general instructions for wound care after frenotomy. Please follow the advice of your health care providers, including IBCLC & other team members. Feel free to share & ask if these methods are acceptable or if they would like you to use other techniques.

After frenotomy, there is usually a diamond shaped wound. The goal is to keep the wound from healing quickly and closing up the diamond. Stretches help this process.

- ~ Typically done 4-5 times per day.
- ~ This is uncomfortable for infant, use analgesia as directed, especially in first few days. Some providers recommend coconut oil on the fingers to help with stretches.
- ~ Use clean hands, no need for gloves.
- ~ Position yourself behind the baby, with baby's head in your lap.
- ~ For Lip: Stretch the lip out & lift it toward the nose. Hold for about 3-5 seconds.
- ~ For buccals, lift cheek up & away from the gum for 3-5 seconds,



Credit: Dr. Bobby Ghaheri

~The tongue is the most challenging, but also most important because this is the site that tends to reattach most often.

~Put your fingers on either side of the diamond as close to the wound as you can get without touching inside the diamond & lift for 5 seconds. Think about separating the tongue from the bottom of the mouth, opening up the diamond. Swipe your finger in the wound, once.



Credit: Dr. Bobby Ghaheri

*****Breastfeeding is the most effective exercise*****