



Lingual Frenectomy Instructions

Lingual Frenum (tongue-tie):

- The child can eat whatever foods he or she can tolerate.
- Pain relief is needed the first few days. Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight.
- If the lip-tie was released, the child's 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.

Lingual Frenectomy (tongue-tie) Stretches:

- Encourage the child to 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, make clicking noises, and clean off the teeth. Do these exercises as often as possible, but try 4 times a day.
- The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. 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 stretches