

Children's Ear Nose & Throat Center

Sub-specialists of Dell Children's Medical Center of Central Texas

A member of the  Seton Healthcare Family

Phone (512) 324-2720 • Fax (512) 324-2724

After Hours (512) 458-1121

Post Frenulectomy Care (Infant)

- **Frenulectomy** is an in office procedure used to release a tongue tie to improve mobility of the tongue and optimize feeding in infants.
- Over the next 1-2 weeks there will be a diamond shaped area of white/yellow tissue under the tongue. This is healing tissue and is expected.
- After frenulectomy, feeding should take care of all necessary tongue movement to prevent reattachment. We do not recommend any special exercises or manual stretching of the tongue. Avoid putting your fingers in the mouth to prevent contamination of the wound. Ensure all bottles, pacifiers and teething toys are properly cleaned/sterilized to prevent infection.
- Some infants will not experience much pain, while others may be notably fussy and sometimes refuse to feed. Pain usually improves 24 hours after the procedure. If your little one is having difficulty, try giving them Tylenol.

Infant Tylenol (160mg/5ml)

Weight 6-11 lbs: Give **1.25 ml** every 4 hours as needed.

Weight 12-17 lbs: Give **2.5 ml** every 4 hours as needed.

*If your child is requiring more than a few doses of Tylenol, please contact our office.

When to contact your Provider

If you have any concerns for bleeding, swelling, inability to feed after trying Tylenol, or if you have any other concerns.