



After Frenotomy Care

Call Pediatric Health Associates with any concerns: 630-717-2300

- You can breast or bottle feed your infant immediately after the procedure. Your baby may have fussiness for 24-48 hours after the frenotomy. You may give acetaminophen (Tylenol) every 4 hours as needed for fussiness. Your baby's dose is _____ mL.
- **Post frenotomy exercise:** Before or after every daytime feeding for 14 days, lift the tongue gently with clean fingers to help prevent reattachment.
- It is normal to see a few drops of blood after the procedure. If a small amount of bleeding is observed, place pressure with a clean washcloth or gauze dressing. If there is continued bleeding, call our office immediately.
- Over the next several days, you will see a white area where the frenotomy was done. This is a wet scar and is normal. This scar will turn pink within 1-2 weeks when it heals.
- We recommend a follow-up lactation visit within one week after the frenotomy so we can see how your baby is feeding and growing.

The Lactation Team at PHA