



What should I see or expect after the release of the tongue and or lip?

Pain, bleeding and appearance: Immediately following the procedure you may notice a diamond appearance in the area that was revised. The border of this area may have a slight white appearance to it, which is completely normal. The inside of the diamond may appear pink or slightly red. **Bleeding from the site is extremely rare, BUT may occur during stretching or massage exercises which will be touched on later.** Overall discomfort may not be evident in some children, while others will experience a mild to moderate discomfort. **The first 24 hours typically is when discomfort may be noticed, but may last up to 36 – 48 hours. It is not uncommon to see changes in behavior and discomfort last into a full second or third day.** Every child will respond differently to treatment and need varying degrees of treatment to address their lip or tongue tie. Tylenol is the best for pain relief.

Post-revision drooling that is excessive is normal and should not alarm you. Your Child may be slightly hesitant to swallow as often as before. Again, a minimal amount of bleeding may be noticed with stretching. The next day you may notice the upper lip (if it was revised) to be slightly puffy. This is caused by an inflammatory reaction within the body and typically will subside within 24-48 hours. Do not be alarmed. The diamond area that was revised will change from a pinkish-red to a white-off yellow appearance within a day typically. This is NOT an infection. The mouth will not form a typical scab that we see on our skin, but fill in with a whitish/yellowish coat. The diamond will shrink and become smaller and smaller over approximately a 2 week period, depending on severity of revision that was needed.

Stretching and Massage of the Area: To help limit scarring and constriction of the revision site it is highly recommended that the tongue and/or lip be gently stretched or massaged 7-8 times per day. **The first day I would stretch 4 times, then start a 7-8 time per day for day 2 thru day 4. This, along with the first 24-36 hours, is typically the toughest part of the post-revision period. From day 5 until day 14, I would stretch 4-5 times per day.**

To stretch the upper lip: Take both thumbs or index fingers on either side of the lip, adjacent to the revision site and gently pull up and roll the upper lip up and out away from the nose and nostrils. Hold that position for 10 seconds and then rub the revision site gently.



To stretch the tongue revision site: Gently sweep your finger under your child's tongue and with light pressure, and apply even pressure to the underside of the tongue and push the tongue back and upwards, this will help open the diamond and keep it mobile. Do not hesitate if you feel tightness, gently, but firmly run your finger from 12 O'clock to 6 O'clock and back. Move your finger back to the mid-point under the tongue and try to gently reflect it upwards and slightly backwards and hold that position. This will expose the revision site and try to hold that for 5 - 10 seconds. Continue the stretches for 10-14 days post revision. If pain, bleeding or increased fussiness that is not controlled by Tylenol, try to back off pressure used or frequency and duration of stretching.

Call us if you have any questions or concerns.

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Thank you for trusting us to care for your child's dental needs.