WHAT ARE THE "WHITE DIAMOND" HEALING PATCHES?

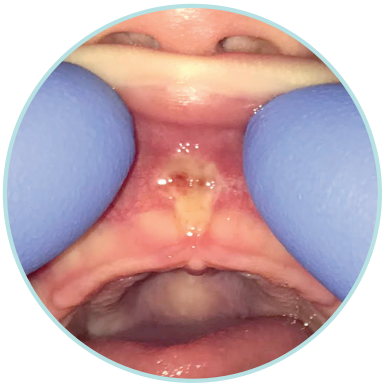
The released area will form a wet, soft scab after the first day. This is nature's "band-aid" and while typically white in color, in some cases it is yellow. The diamond will peak in size by day seven and then start to shrink over the following weeks.

STRETCHING PROTOCOL:

Stretch each site for 5 seconds every 5-7 hours or approximately 4x daily. You do not need to wake your infant while he/she is sleeping during the night but instead, be sure to complete a thorough stretch after he/she wakes.

Lingual Frenum (Tongue)

- With clean hands, place both index finger tips at the left and right corners of diamond. This area is squishy so make sure your fingers sink behind the diamond. Use other fingers to push down on chin to counter any chomping.
- Stretch the tongue up (indicated by arrow shown) and hold for 5 seconds. You should be able to see the entire diamond stretching vertically.



Labial Frenum (Lip)

- With clean hands, rest pads of index fingers on the upper jaw and flip the upper lip back towards the nose. Hold for 5 seconds and be sure you can see the entire wound site.
- Gently swipe 1x with index finger from side to side in the fold under the lip.

Remember, the main goal of this stretch is to insert your finger between the raw, opposing surfaces of the lip and the gum so they can't stick together.

THERE ARE TWO IMPORTANT CONCEPTS TO UNDERSTAND ABOUT ORAL WOUNDS:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to keep it dilated open).
2. If you have two raw surfaces in the mouth in close proximity, they will reattach.

Remember:

- Post-procedure stretches are key to getting an optimal result.
- These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements.
- It is recommended that you purchase an affordable LED headlight (like a camping headlight) to allow you to get the best results.
- We highly encourage you to approach these exercises in a positive manner.

WHAT YOU MAY EXPECT AFTER THE PROCEDURE:

Please note that not all babies follow the typical healing timeline depicted below.

Day 1-3	Week 1	Weeks 2-3	Week 4
Baby will be sore, expect fussiness	Soreness starts to taper off days 7-10	Implement suck training exercises 2-3x daily	Post-op stretching routine no longer neces-sary, gentle massaging of new frenulum encouraged
Healing "white patch" forms, this is "nature's band-aid"	Baby may be fussy	Healing patch shrinking	Healing patch gone and new frenulum takes final shape and position
Pain meds given as needed	Baby is re-learning how to suck	New frenulum forming	Bodywork, OT, PT and LC follow-ups as needed
May have trouble with latch	Feedings may be inconsistent	Bodywork and LC follow ups as needed	Continual progress with feeding
Have back up feeding plan and comfort measures prepared	LC follow up within the first 5 days highly recommended	Start to see signs of improvement with feeding	
	Establish daily tummy time routine		

PAIN MANAGEMENT RECOMMENDATIONS:

Under 6 months:

Infant Acetaminophen/Tylenol (160 mg/5mL concentration)

_____ mL

Dose based on weight; given every 6-8 hours for first few days as needed for pain

Over 6 months:

<u>If infant is older than two months and Tylenol is ineffective, get consent from pediatrician for Ibuprofen use.</u>

Children's Ibuprofen/Advil/Motrin 50mg/1.25mL or 100 mg/5mL concentration)

_____ mL

Dose based on weight; given every 6-8 hours for first few days as needed for pain

Natural Remedies

Breast milk ice chips - Can act as a natural numbing agent and help with pain. Freeze milk flat in a baggie and place tiny pieces under lips, tongue, or cheek and let melt slowly.

Organic Coconut Oil

Best if kept chilled and safe for any age. Simply apply small dab to treated areas 4-6 time s a day.

Homeopathic remedies

- Homeopathy is a system of holistic medicine that stimulates the body to heal itself. It uses high dilute solutions specially prepared from natural plant and mineral extracts which are gentle on the body and produce very little risk of side effects. Homeopathy is ideal to use with infants, pregnant and nursing women, chemically sensitive individuals, and those seeking a more natural alternative to pharmaceuticals.

Suggestions:

- Bach Kids Rescue Remedy
- Chamomilla (irritability & inflammation) - Boiron Camilia single doses
- Arnica Montana 30C (wound healing) - Dissolve 5 pellets in 1 oz dropper bottle of distilled water; give 5-10 drops every 2-3 hours as needed. Store chilled.
- Staphysagria 6C (wound healing) - 1 pellet 2x/day

Helpful Tips

- If your baby is extra fussy, be sure to use lots of skin to skin contact. This increases oxytocin levels, lowering pain sensitivity.
- If latch has become difficult, try taking a nice warm bath with your baby and try latching in bath.
- If your little one is extra squirmy during the exercises, try using a swaddle.
- Although not necessary, you may find the exercises more comfortable using nitrile gloves.

NORMAL POST -TREATMENT OCCURRENCES

Increased fussiness and inconsolable crying during first week

Make sure you stay ahead of discomfort and be proactive with pain medications.

Bleeding after stretching

A little bit of blood in a pool of saliva appears worse than it really is. If this occurs, nothing needs to be done and it is safe to feed immediately.

Trouble with latch during first week

Due to the initial soreness and re-learning of suck, feedings may be inconsistent the first week. In some cases, latch or symptoms may worsen before they get better. It is critical to work with an IBCLC for any feeding related issues.

Increased choking and spitting up

Some babies may have a harder time adjusting to an increased milk flow. This is usually temporary and should be addressed with your IBCLC.

Increased drooling and saliva bubbles

The healing process increases saliva production. Also, your infant may be adjusting to a new range of motion and can have difficulty controlling saliva. This is usually temporary.

Increased sleeping

This may be due to medication, exhaustion, or that the infant is feeling better and is more satisfied. Sleep may act as a coping mechanism for discomfort.

WHEN YOU NEED TO CALL THE DOCTOR

Although rare, please do not hesitate to call Dr. Martin (719-231-5568) if you experience the following:

- Fever greater than 101.5F
- Uncontrolled bleeding
- Refusal to feed (bottle and/or breast) for over eight hours

Thank you so much for choosing us! We truly wish you and your baby a fast and easy recovery. Understand that feeding problems are quite common so you are not alone. Please reach out for emotional support from others who understand.