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## Breastfeeding Should Not be Painful: At Home Care after Your Child's Laser's Procedure

1. Prior to surgery: We recommend you give your infant Acetaminophen (Follow manufacturer directions for dosage instructions)
2. After surgery: repeat similar dosages at 4 and 8 hours after the procedure
3. Facial massage using your fingers will also often help relax and aid your infant in learning a new sucking method.
  - a. Gently massage the cheeks to relax the muscles
  - b. Gently and slowly massage around the lips in a circular motion until the infant appears to want to suck on your finger
4. Stretching Exercises: This is the most important part of your infants successful healing after the procedure. Failure to follow these stretching methods may lead to reattachment and the need for additional surgery.

If your child had **TONGUE TIE SURGERY** follow these directions:  
 Place your index fingers on each side of the tongue and forcefully open the diamond shaped area. You need to use sufficient force to totally reopen the surgical site to prevent reattachment. Push or pull downward towards the infant's throat. Some bleeding may occur and this is not a concern. Post surgery, you will notice a white area developing in the frenum area. This is normal and not an infection. This will disappear in about one week's time.

Tongue stretching after surgery:



If your child had **LIP TIE SURGERY** follow these directions:

Pull the upper lip upward until it touches the infant's nose using enough force to open the entire surgical site and prevent the lip from re attaching. Post surgery, you will notice a white area developing in the frenum area. This is normal and not an infection. This will disappear in about one week's time.

Upper lip stretching after surgery:



Grasping lip with two hands



Pulling lip upward until you touch the nose

Return to our office 4 days after the procedure and again at 2 weeks. If you are still having breastfeeding difficulties, please contact your lactation consultant. Local numbers and chapters of breastfeeding support groups can be found below.

Breastfeeding Support through INova Loudoun Hospital - (703) 858-8911  
 Breastfeeding Support through Reston Hospital - (703) 689-9000  
 Breastfeeding Support through Fairfax Hospital - 703-776-6455  
 La Leche League - to find a drop-in group near you, visit [www.LLLL.org](http://www.LLLL.org)