

### 1. Bleeding and Hematoma

A small amount of bleeding is common after the procedure, especially in the first few days. You will be sent home with plenty of gauze. Place gauze on the top of the tongue and leave in place for as long as you can for the first 24 hours. You may replace the gauze as needed. When replacing the gauze, make sure it fills the entire palate of the mouth, pushing the tongue down. This will help avoid hematoma formation. You may also place pressure from the outside, under the chin.

Lay in a semi-reclined position. **Avoid spitting, bending over, and sucking through a straw, for 48 hours. No strenuous activity, smoking (or any form of nicotine), or alcohol for 48 hours.**

### 2. Healing

As the wound heals, it will have a white/yellow covering – this is normal. You may rinse with warm salt water (1/2 teaspoon of salt with 8 oz of water) to help keep the site clean.

### 3. Diet

Cool, clear liquids are best to start. **No hot liquids, carbonated beverages (soda), acidic foods and drinks for the first few days.** Eat something when you feel ready. When the numbness wears off, progress to a soft diet.

### 4. Pain

You may experience discomfort for the first 2-3 days after the procedure.

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol may be purchased over-the-counter

If experiencing breakthrough pain, you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Tylenol for Norco, which contains 325mg of Tylenol.

If you are experiencing pain after day 4, you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day.
- We recommend no more than 2000mg of Tylenol in a day.

### 5. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office.

### 6. Stretching Exercises

Stretching exercises after tongue tie release can help reduce the risk of reattachment. Begin stretches at dinner time on the day of the procedure, then continue five times a day, the following day, for 6 weeks.

#### Tongue Tie Release Stretches (Hold in each position for 10 seconds)

1. Stick your tongue straight out.
2. Extend your tongue up to touch your nose.
3. Extend your tongue out and down as far as it will go.
4. Stick your tongue out and move from left to right.
5. Suck against the palate and try to open the mouth as far as you can without breaking the suction seal. Do this repeatedly.
6. Try to make a clicking sound from the back of the tongue and then try again from the front of the tongue. Do this repeatedly.

Patient Name: \_\_\_\_\_

Ride Signature: \_\_\_\_\_

Next dose of Ibuprofen with Tylenol:

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