

AFTER THE PROCEDURE

- **BEGIN PAIN MEDICATION in the first 2-3 hours, as the numbing will wear off.** Staying on top of your child's pain will make the next days so much easier.
- Tylenol, Ibuprofen, and/or Arnica can be used. Dosages on are pages 2-3.
- Take advantage of skin to skin (partners and other family members can do this too), and baths together for comfort. Try gentle baby face and body massage. Breastfeeding/Chestfeeding/Bodyfeeding - studies show that human milk itself, and the act of suckling, help relieve baby's pain. Babywearing - studies show kangaroo carry (baby being carried facing a parent's chest) helps relieve pain and calm baby. Bouncing and swaying movement, and fresh air are also very helpful.
- Please note that swelling and a temporary increase in spitting up and drooling may occur after the procedure.
- There are no post-procedure restrictions of pacifiers, feeding/foods, teething toys, hands in the mouth, etc.

POST FRENECTOMY MEDICATION/PAIN MANAGEMENT

Start pain management about 2 hours after the procedure. For most children, the first 24 hours are the hardest, and some hit peak fussiness days 3-5. Staying on top of pain management is very important. You can use Tylenol, Ibuprofen (depending on age), Arnica, or a combination. Start with 12-24 hours of medication and then watch your child to see when you can lessen the frequency of dosing. Contact us if your child is needing around the clock Tylenol past day 3, as this may need a change in the aftercare instructions.

Arnica Montana 30C (Homeopathic Treatment) These products can be given with or between other medications. Give as needed for pain. Arnica can be found at Sprouts,

Whole Foods, and Amazon. You only need one vial. Be sure it is 30C (not 30X). Dosing info is below.

Hylands Oral Pain Relief Tabs (day or night) contains Arnica, and can be used instead of the Arnica Montana for any aged child. It can be found at Walmart, Target and pharmacies. Follow the dosage instructions on the box.

INFANTS: To make a batch of Arnica Montana doses, crush/dissolve 10 pellets in 1 to 2 tablespoons of water or breast milk. Once it dissolves, one dose is approximately 10 drops (0.5ml) of that liquid. You can use a dropper or medicine syringe (cleaned from another medicine, or pharmacies often have them for free). Give as needed every 2-4 hours. To treat extra pain or fussiness give every 15 to 30 minutes for up to an hour, then return to every 2-4 hours. CLEARLY LABEL and store in the fridge for up to 4 days.

CHILDREN 4+ YEARS: Dissolve 3-5 pellets under the tongue, 3x a day, or more as needed.

Note: Most infants do not need additional pain relief beyond Arnica, Oral Relief Tabs and the wound healing qualities of human milk.

ACETAMINOPHEN (Tylenol, Genexa, store brand) We recommend giving every 4 hours the day/evening of the procedure, then every 5-6 hours going forward, as needed. For your child's specific dose, please refer to the chart.

Weight	Age	INFANT Tylenol/generic brands 160mg per 5ml
6-11 lbs	0-3 months	1.25 ml
12-17 lbs	4-11 months	2.5 ml
18-23 lbs	12-23 months	3.75 ml
24-35 lbs	2-3 years	5 ml (1 tsp)

Weight	Age	CHILDRENS Tylenol/generic brands 160mg per 5ml
24-35 lbs	2-3 years	5 ml (1 tsp)
36-47 lbs	4-5 years	7.5 ml (1 ½ tsp)
48-59 lbs	6-8 years	10ml (2 tsp)
60-71 lbs	9-10 years	12.5 ml (2 ½ tsp)
72-95 lbs	11 years	15 ml (3 tsp)

IBUPROFEN (Motrin/store brands) (used instead of Tylenol, only for children 6 months of age or older). Give every 6 hours, as needed. Refer to the Ibuprofen dosing chart below.

Weight	Age	INFANT MOTRIN 50mg/1.25ml
12-17 lbs	6-11 months	1.25 ml
18-23 lbs	12-23 months	1.875 ml

Weight	Age	CHILDRENS MOTRIN 100mg/5ml
24-35 lbs	2-3 years	5 ml
36-47 lbs	4-5 years	7.5 ml
48-59 lbs	6-8 years	10ml
60-71 lbs	9-10 years	12.5 ml
72-95 lbs	11 years	15 ml

