

## What to expect at your babies Tongue Tie or Lip Tie Consultation and Surgery Appointment

1. Please **prepare** to be at our office for 2-3 hours if treatment is performed. Although the treatment only takes minutes, we will spend a large amount of time evaluating, explaining and discussing your baby's needs prior to treatment. If you are planning to have the surgery done or think you might, you may want time off work to care for your baby. Please let us know if you need a medical excuse for work.
2. Please **bring** your paperwork with you:
  - Patient registration information
  - Health History
  - General treatment consent
  - Financial Agreement
  - Photographic Release
  - Privacy Practices
  - Lactation, Speech Pathologist or Pediatrician notes (if available)
  - Dental Insurance information
  - Tongue Tie Intake questionnaire
  - Tylenol
3. Dr. Gouri will **examine** your baby in your lap and discuss the symptoms and physical exam findings with you. You may show Dr. Gouri any latch issues at this time. My child's Kotlow Classification:  
Lip \_\_\_\_\_ Tongue \_\_\_\_\_
4. We will thoroughly **explain** and **answer** any questions you have about the physical findings, diagnosis, prognosis, procedure and post op care.
  - My questions?  
\_\_\_\_\_  
\_\_\_\_\_
  - My concerns?  
\_\_\_\_\_  
\_\_\_\_\_
  - \_\_\_\_\_
5. Dr. Gouri may leave you and your family to **discuss** the information, proposed treatment and **decision making**.

6. Dr. Gouri will come back to **answer** any further questions and discuss your decision. At this point, when all your questions have been answered, Dr. Gouri and a parent will **sign** the Tongue Toe/Frenectomy consent **together**.
7. We will **treat** your baby in our laser treatment room. Treatment takes less than 10 minutes for most babies. Most parents prefer to wait in our private room, but some parents prefer to step outside.
8. We will **bring** your baby to your private room for **comforting** &/or feeding immediately following the surgery. We will give you time to nurse, bottle feed or comfort the baby in whatever method you choose before Dr. Gouri returns for post-operative instructions. The first 20 minutes can be frustrating because anxiety is high and baby is numb and may be "bobblehead" on the breast or on the bottle. Take your time to comfort. Then generally baby will settle in for a good feeding and a good sleep.
9. Dr. Gouri and her team will **demonstrate** proper **wound care** and ask each adult caregiver to demonstrate wound care. We will also demonstrate how to take photos or video for post op concerns. You will be given the opportunity to ask any questions and practice your baby's wound care in his/her mouth before you are released. Our goal is that you are knowledgeable and prepared for the wound care before being dismissed.
10. After wound care instructions, you may stay to feed and comfort your baby
11. Upon **checking out**, we will schedule you baby's **post op appointment** date for your 1 week follow up exam.
12. **Pain Management:** We recommend that you give Tylenol as directed around the clock for the first 5 days. It is much easier to keep your baby from hurting than to stop the pain. Pain will peak between days 3-5. After 5 days pain should get more manageable daily. By the end of the second week there should be very little discomfort to the wound, but baby will dislike stretches and continue to protest loudly.
13. Expect your follow up appointments to be more brief, but since we see all our babies on the same day, some waiting time may be involved as we care for each family thoroughly and thoughtfully.

14. Follow up appointments are scheduled 1 week, 2 weeks and 6 weeks post-surgery.

15. **Post op Latch Changes**: The first 24-48 hours is the most fussy and uncoordinated feedings. (More drooling, more dribbling milk, some pain for baby to latch, increase in gas and reflux as they get used to their new mobility and also as they try to restrict movement/prevent pain) Reflux may continue to be worse for several days to weeks after the procedure. Most babies are too sore to try too many changes in the first 48 hours, but keep trying to achieve the optimal latch each time. Also, bodywork is recommended at 2-4 days post op and again as recommended by your chiropractor or therapist.

16. **Team approach to care**: Patience and a comprehensive team approach have proven to be the best. It is important that you schedule to see your IBCLC around 1 week post op (latch changes can be addressed at this time).