

## ONE WEEK SOFT TISSUE CHECK of Infant Frenectomy

You may come in personally or if you feel like the wound is healing without complication you may send images of the wound to Dr. Yazdi as directed to you on a separate form named: ***“Post Procedure IMAGES: How to take them; When and Where to send them for Review”***.

During your healing process please continue to follow up with your lactation consultant, as IBCLC's have thousands of hours of education & experience that may help you in this journey.

**In the next few weeks** please DO NOT back off your wound care management in any way! Please do not let up in pressure, technique, nor timing. Keep up your diligence because:

**ABILITY OF WOUND TO CLOSE IS VERY HIGH IN THE FIRST 5 WEEKS**

**IF** healing continues with an OPEN diamond, **THEN** function should continue to improve.

- Consider: Tongue Strengthening Exercises: see VIDEO on our Breast Feeding web page  
The video is called *“Frenectomy Exercises with Melissa Cole of Luna Lactation”*  
Rx: 4 times a day for 4 weeks; your baby may or may not cooperate.
- Consider: Body Work: type of baby massage: ask your lactation consultant about this.  
Various professionals provide this service to relax the tension in your baby's body to facilitate breast feeding . This service can be quite effective.

***BEST WISHES TO YOU FROM Dr. Yazdi & Staff***