

### Aftercare Procedures

1. Active Wound Management
  - **Every 4 hours. No skips.**
  - Short fingernails
  - Lip/Buccals
    - Lift lip/cheek firmly up for 5 seconds
    - Gently rub the wound 5 times
  - Tongue
    - Tongue stretch 5 seconds
      - Place both pointer fingers together at the top of the diamond and push tongue backwards.
      - Place middle fingers on chin to help open mouth and get leverage
      - Look at the diamond while stretching. Make the diamond long.
  - Vegetable Glycerin - apply to wounds after every stretch during first 2 weeks
2. Facial massage - 2-4 times per day
  - Forehead, cheeks, nose, chin
3. Therapeutic Intentional Tummy Time
  - Minimum 5 times a day for 5+ minutes each time (goal 60-90 minutes per day total)
  - Focus on QUALITY and quantity will happen easily.
  - See <http://www.tummytimemethod.com/tummytimetrade-method.html> for excellent suggestions
4. The “Guppy” (neck extension) whenever possible!
5. Strengthening exercises - 2-4 times per day
  - Phasic biting: place tip of pinky finger where baby’s molars would be and have them bite 5 times. Alternate sides 3-5 times.
  - Lateralization: slowly rub the lower gumline from side to side and your baby's tongue will follow your finger
  - Finger sucking: start this exercise after the procedure. (pacifier and bottle do not count)
6. Lactation follow up in 2-3 days
7. Chiropractic/bodywork and speech/feeding therapy follow up within the week

### Pain Management

- You may use whatever works for your family. This includes homeopathic remedies like **Hyland’s Baby Oral Pain Relief tablets, Camilia drops, Arnica, Rescue Remedy, breastmilk popsicles, frozen teething rings, etc.**
- For children 3 months of age or older, you may use ibuprofen instead (or with Tylenol). Please follow the dosing instructions on the package.
- Tylenol Dosage: Use the dropper in the manufacturer's packaging. This can be given every 6-8 hours after the procedure. The concentration of Infant Tylenol should be the **160mg/5mL** dosage.
  - 6-11 pounds - 1.25mL
  - 12-17 pounds - 2.5mL
  - 18-23 pounds - 3.75mL
  - 24-35 pounds - 5mL