

Total Lactation Care – Trish Wierenga, BSN, RN, IBCLC

Before Your Visit:

- IBCLC evaluation – this is imperative. The lactation consultant is the leader of the team.
- https://static1.squarespace.com/static/52ee7826e4b07f8e8885e2ab/t/533492a0e4b0155dadf0eb18/1395954336778/It_Takes_A_Team_03142014.pdf
- Practice active wound management lifts and massage (see video in aftercare link below).
- Bodywork consult, Tummy time
- Research tongue/lip tie and the effects on health and wellness
 - <http://www.drghaheri.com/>
 - <https://kiddsteeth.com/breastfeeding.php>
 - <https://www.youtube.com/watch?v=pKP9gUvICFo>

During Your Visit:

- Release provider will assess/diagnose. The provider will evaluate the need for numbing during the procedure.
- Individual providers may have different rules for attendance based on their own guidelines. The office staff will provide the best care, and your baby will be in the treatment room for a very short time. During this time, you may fill out any necessary paperwork at the front desk.
- It is common for babies to fuss during the procedure, but many times they settle nicely once the procedure is complete. You may immediately feed or calm your baby after the procedure.

Expectations After the Release

- Pain Control – Approximately 6 hours after the release, inflammation sets in. Pain relief options include, but are not limited to, medical (call physician for dosing) or homeopathic options, skin to skin, co-bathing, breast milk ice chips, a finger dipped in cold breast milk placed to the wound, baby wearing, non-numbing teething gel... or your baby may not need pain control at all. You can evaluate at home and use what works for your family.
- Feeding – Your baby may or may not struggle with feeding in the way that was previously comfortable. Be patient, feed small amounts frequently in whatever way your baby will feed. After the tenderness diminishes, feedings should become more comfortable.
- Within approximately 24 hours, the wound will look like a diamond-shaped canker sore (white, yellow, grey – variable in color)

Aftercare:

- Active Wound Management (AWM) and Suck Training
 - Coconut oil on the wound during the AWM
 - 1 x on night of release, 6 x per day/1 x per night starting Day 2 for 4 weeks
 - Dr. Ghaheri Aftercare Information: <http://drghaheri.squarespace.com/aftercare>
 - Melissa Cole Suck Training Video: <https://www.youtube.com/watch?v=llmAhDoKno>
- Bodywork/Tummy Time
- **Most Important:** Follow up with your lactation consultant. This multi-disciplinary team approach has been shown to have the best functional results. Full functional habilitation may require several visits with the IBCLC. You are invited to follow up at this office, if possible. Schedule with Trish!

Total Lactation Care – Trish Wierenga, BSN, RN, IBCLC

Laser Release

Dr. Robert Wynn and Dr. Micah Roberts at Peoria Dental Care, Peoria, IL

<https://peoriadentalcare.com/>

309-688-0121

Dr. Meghan Jennings – Jennings and Schwartz Family Dentistry, Pekin, IL

<http://www.jenningsdentistry.com/>

Dr. Gregory Dietz, Bloomington, IL

309-827-5437

Medical Provider for Scissor Release

Dr. Melanie Andrews at Family Medical Center, Peoria, IL: 309-672-4977

ENT referral from pediatrician

Bodyworkers for pre/post frenectomy

Sunnyland - Dr. Brian Frank (chiropractor): 309-745-8612

Peoria - Dr. Sara Howard (chiropractor): 309-691-9355

Pekin - Bear Groch (CST, licensed massage therapist): 309-642-5550 (office)

OMT Clinic at UnityPoint Health – Main Street: 309-672-4977

Speech Therapy/Myofunctional Therapy Services

Shine Therapy Services – Amy Beck, CCC-SLP

<http://www.shinetherapyservices.com/>

309-258-0084

Nicole Campbell, M.S., CCC-SLP

<https://www.speakologyltd.com/>

309-648-1217