

## Normal Things You May Notice After the Procedure:

- Increased fussiness and inconsolable crying during the first week Immediately after the procedure, it is best to give pain medication(s) around the clock in order to stay ahead of any discomfort. This may be necessary during the first few days and sometimes up to one week.
- Bleeding after doing the stretches. Keep in mind that a little bit of blood in a pool of saliva is not as bad as it looks. This is not a concern and it is safe to feed your baby.
- Difficulty with latch during the first week. Due to the initial soreness and re-learning of suck, feedings may be inconsistent during the first week. In some cases, symptoms may worsen before it gets better. It is critical to follow up with your IBCLC for any troubleshooting issues.
- Increased choking and spitting up Initially, babies may have a hard time adjusting to the change in latch. This is usually temporary and should be addressed with your IBCLC.
- Increased drooling and saliva bubbles. The healing process increases saliva production. Additionally, the new movement of tongue creates a surplus of saliva. This is usually temporary.
- Increased sleeping. This may be due to medication, exhaustion, or that the infant is feeding better and is more satisfied. Sleep may also act as a coping mechanism for discomfort