

# Is your baby ready for tongue/lip tie release?



*Premier  
Lactation  
Services*

- Mom and baby emotionally regulated
- Pre-procedure visit with IBCLC:
  - Stable milk supply (discuss management strategies with IBCLC)
  - Age-appropriate weight gain (supplementation, if needed)
  - Started practicing strength and mobility exercises
  - Alternative feeding plan (not always needed but good to have in mind)
- Baby has symmetrical and comfortable body
- Family is committed to aftercare and understands the importance of wound management
- Plan in place for post-operative pain control
- Follow-up visit scheduled with IBCLC 3-5 days post-op and two weeks post-op

