



Date: _____

Baby's Age: _____

Breastfeeding Fixers
Post-release Follow-up Visit

Baby last fed at: _____

(circle: snack or meal?)

Baby's Name _____ Mom's Name _____

Lactation Consultant's Name _____ Last seen: _____

CranioSacral Therapy Provider: _____ Last seen: _____

Present today: Mom Dad Sister Brother MGM PGM MGF PGF Other:

1. How is breastfeeding over all?

Right side: It's effortless now Good OK Fair Not Good N/A

Left Side: It's effortless now Good OK Fair Not Good N/A

Are you: Exclusively breastfeeding Using Nipple Shield Supplementing with:
(circle any/all) feeding tube bottle

2. The Latch is rapid (15 seconds or less): Right: yes no Left: yes no

Comfortable on right: 100% of feedings, or 75% 50% 25% None

Comfortable on left: 100% of feedings, or 75% 50% 25% None

3. Latch pain is (0-10) right: ____ left: ____ at first then goes to (0-10) right: ____
left: ____ and this happens over a period of ____ seconds minutes

4. Is there any nipple creasing or flattening after nursing? No Yes

If yes: right left both Is it painful? No **If yes:** right left both

5. Is there any blanching (white or purple) of the nipples? No Yes

If yes: right left both Is it painful? No **If yes:** right left both

6. Do you clearly hear gulps during a letdown (rapid milk flow)? Yes no

Do you clearly hear gulps after a letdown (rapid flow ceases)? Yes no

7. In the last 24 hours: # of good pees _____ # of good poos _____

8. Anything else to tell us?: No Yes:

(for physician to complete) Follow-up Physical Examination Worksheet, Postop Day _____

Finger Suck: Seal/Suction: ___ good ___ fair ___ poor ___ refused **Mandible pull:** Tongue goes down: YES NO
Tongue movement: ___ normal rolling ___ weak rolling ___ slides ___ back humping ___ see-saw ___ random
Palate: ___ normal ___ high & smooth ___ channel ___ bubble: anterior central ___ cleft, submucous
Upper Lip Mucosa: ___ normal ___ midline sucking blister ___ cobblestone ___ ridging ___ peeling ___ edema
Lower Lip Mucosa: ___ normal ___ midline sucking blister ___ cobblestone ___ ridging ___ peeling ___ edema
Gingiva: **Upper:** ___ normal ___ midline tiny notch ___ midline 1-2 mm notch. **Lower:** ___ normal or:
UL frenotomy wound: ___ x ___ mm ___ yellow base ___ gray base ___ pink base ___ blood ooze: sl mild mod
___ swelling ___ sharp lateral angles ___ elevated sides ___ **Healed as Class:** 0 1 2 3 4 shallow angle flat
Torticollis: ___ none ___ right ___ left ___ mass in SCM muscle: right left ___ **Fascial tightness:** right left
Head shape: ___ round ___ oval ___ **Flat Occiput:** right left ___ **Trapezoid** with prominent: right left frontal
Skin lesions: ___ none ___ milia ___ erythema toxicum ___ salmon patches ___ acne ___ pigmented ___ vascular
Mouth ___ opens widely ___ is still very tight. **Finger Sweep:** ___ no midline speed bump or:
Tongue appearance at rest: ___ normal with smooth leading edge ___ midline notch at rest
Tongue tip extension: ___ to lower lip ___ past lower lip ___ dynamic notch ___ rounded ___ pointed
Tongue lateralization is: ___ good ___ fair ___ poor ___ none
Tongue with crying: Leading edge ___ smooth ___ dynamic notch: ___ shallow ___ deep ___ "W" ___ "U" ___ bowl
Tip rises to ___ mm above ___ lower gingival ridge ___ mid-mouth with ___ rounded ___ flat edge
Tongue elevation with tongue depressor: Leading edge is ___ smooth ___ dynamic notch
Tip rises to ___ mm above ___ lower gingival ridge ___ mid-mouth with ___ rounded ___ flat edge
TT frenulotomy wound: ___ mm sagittal x ___ mm wide diamond/oval ___ mm lateral lines of fusion: right left
___ mm sagittal x ___ mm wide triangle ___ mm lateral lines of fusion: right left
___ mm sagittal x ___ mm transverse healed white lines; ___ mm transitional tissue remaining
___ Horizontal Yellow Line ___ Slight blood ooze ___ Finger pressure needed ___ AgNO3 needed
Plan: ___ Continue current upper lip wound care:
___ Continue current mouth floor wound care:
___ Discontinue upper lip wound care ___ Discontinue mouth floor wound care

Comments:

F/U Appt: _____ Discharged from our care. Mom to call as needed. v 7-17-15