



Royal Manchester Children's Hospital

# Caring for your baby after a frenulotomy (tongue tie release)

## Information For Parents

Ward: /Tel: Consultant:  
Tel:

### **Will my baby feel pain?**

Your baby may be unsettled after the procedure and cry more than normal. To help settle your baby you can try skin to skin contact and lots of cuddles. Offer the breast for comfort if breastfeeding. If you feel your baby is in pain, then for babies under eight weeks can safely be given paracetamol but it will need to be prescribed by your GP. If baby is over eight weeks of age paracetamol suspension (i.e. Calpol) can be given without a prescription. Always follow the dosage instructions on the label.

### **Is there a risk of infection?**

It will take up to 48 hours for the wound site to be covered with an 'ulcer'. This ulcer is white. If your baby is jaundiced the ulcer may look yellow – this is normal. Risks of infection following this procedure are very small. If you are concerned that your baby is unwell and may have developed an infection, contact your GP immediately.

### **Will my babies feeding improve immediately?**

Feeding may improve immediately after the procedure as the tongue will move more freely. However, it may take a little time for baby to learn to feed in a different way. If you have persistent concerns about your baby's feeding, contact your local infant feeding team, GP or health visitor.

### **Will there be any scar tissue or reformation of the tongue tie?**

It is rare for a tongue-tie to re-form; this is possibly due to scar tissue forming at the wound site causing further restriction which may need to be divided again. If you have persistent concerns about your baby's feeding, contact your local infant feeding team, GP or health visitor.

### **Will there be any bleeding at home?**

There have been reported cases of bleeding after a tongue tie division, usually on the same day, when the baby has returned home. These events are rare and if they occur, the bleeding is usually very light. If you notice any bleeding at home, follow the following steps:



Step 1: Feed your baby whether that is from the breast or a bottle feed. This will usually stop the bleeding within a few minutes (just as it did right after the procedure in hospital). If the baby refuses to feed then sucking on a dummy/pacifier or your clean finger will have a similar effect. If bleeding has stopped you do not need to do anything else. If the bleeding is very heavy or does not reduce with feeding and stop within 15 minutes, move to **Step 2**.

**Step 2:** Cover your fingers with clean muslin cloth or gauze and apply continuous pressure to the wound site by placing your finger under the tongue. Do not apply pressure to the baby's chin as this can affect breathing. Hold this for 10 minutes; do not be tempted to look as you may start the bleeding again. At the end of this 10 minutes if there is no bleeding you do not need to do anything else. At the end of this 10 minutes if there is still bleeding you need to continue with pressure using a clean part of the muslin cloth or gauze around your fingers and you should make your way to your closest Emergency Department. Call an ambulance (999 from a landline or 222 from a mobile phone) if you are worried or unsure what to do at any time.

### Further information on tongue tie division

You can find out more about tongue-tie and the frenulotomy procedure from the following web links:-

- NICE (2005) guideline available at [www.nice.uk/IPG149publicinfo](http://www.nice.uk/IPG149publicinfo)
- Association of Tongue-tie Practitioners [www.tongue-tie.org.uk](http://www.tongue-tie.org.uk)
- NHS Choices <http://www.nhs.uk/Conditions/tongue-tie/Pages/Introduction.aspx>
- UNICEF Baby Friendly <http://www.unicef.org.uk/BabyFriendly/Parents/Problems/Tongue-Tie>



Notes

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**No Smoking Policy**

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings



or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

For advice and support on how to give up smoking, go to [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree).

### Translation and Interpretation Service

**It is our policy that family, relatives or friends cannot interpret for patients.** Should you require an interpreter ask a member of staff to arrange it for you.



تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。

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