

Caring for your baby after a tongue-tie separation

Perinatal Services - Maternity

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet gives advice on the care of your baby after a tongue-tie separation (frenulotomy).

What happens after a tongue-tie separation has been performed?

During the healing process, a white diamond-shaped patch may form under your baby's tongue. This may be yellow if your baby is jaundiced.

The patch will usually go one to two weeks after the separation has been done.



What should I do once I get home?

For the first 24 hours after the separation:

- Feed your baby as normal when they show rooting cues or signs they are hungry
- Feed your baby at the first signs of them wanting a feed; do not leave them to cry. If your baby is crying, it is more likely that you may catch the wound area under the baby's tongue with the teat or your nipple which can make the wound start to ooze some blood
- If you are using a dummy or pacifier, make sure it is clean and freshly sterilised. Do not put a dummy that has been spat out back in baby's mouth as it could have germs on it.

When should I be worried?

Contact your GP or NHS 111 urgently if your baby has any of these problems as they may have an infection:

- If your baby's mouth or the wound looks red, swollen or inflamed
- If your baby seems unwell with a high temperature
- If your baby is not interested in feeding, is sleepy or very unsettled
- If they have less wet and dirty nappies than normal.

What if there is bleeding from the wound?

Before you leave the clinic, the tongue-tie practitioner will check there is no bleeding from the wound. There is a chance though, that bleeding may start after you leave the clinic.

If this happens:

Step 1: If you are breastfeeding, breastfeed your baby.

If you are not breastfeeding or your baby is not able to latch on the breast, encourage baby to suck on a clean finger as this will have the same effect.

Try and encourage baby to suck or feed for about 15 minutes.

Step 2: If after 15 minutes the bleeding carries on, or if bleeding is heavy, with your finger wrapped in a clean muslin square or similar dry cloth or gauze, put pressure directly on the wound for **10 minutes**.

Do not apply pressure under baby's chin, this may affect breathing.

Do not use cotton wool or wet wipes for this.

Step 3: If the wound is still bleeding after step 1 and 2, or you are worried about your baby, keep pressing on the wound with your finger wrapped in a clean cloth and seek medical help.

You should call 999 or take your baby to an emergency department. Tell them your baby has had a tongue-tie separation.

How will my baby feel after the tongue-tie separation?

Babies may feel some pain after the procedure and if your baby does cry more than normal, this usually settles over the next couple of days.

To help settle your baby:

- Breastfeed frequently to comfort them
- Cuddle them and have skin to skin contact
- Sing to them and rock them
- Let them suck on your clean finger

And remember you cannot spoil your baby with too much love.

What pain relief options are there for my baby?

If you think that your baby needs pain relief:

For babies under eight weeks of age Paracetamol medicine is safe but you will need to go to your GP who may prescribe it.

For babies over eight weeks Paracetamol (for example, Calpol) can be given without a prescription; **always read the label and do not exceed the recommended dose.**

How can I help to stop the tongue- tie from reforming

It is unusual for a tongue-tie to reattach. To help their tongue movement and lower the chance of reattachment:

- Encourage your baby to poke their tongue out
- Breastfeed your baby often.

We do not recommend stretching or massaging the wound as there is no evidence for this currently.

Sometimes tongue-ties do reattach. If at about two weeks after the separation you notice that feeding your baby is becoming difficult again, contact the Infant Feeding Team. The team can arrange to see your baby to see if the tongue-tie has reattached.

What follow up care will my baby receive?

A week after your baby's tongue-tie separation, a member of the Infant Feeding Team will call you to see how you are both doing.

- Please try to be answer the call on the phone number you have given us
- We will try to call you three times. If you miss these calls and you would like to arrange another one, please call us back on the number below.

Infant Feeding Team 01902 695578

Leave us a message; we will get back to you.

You can call the Infant Feeding Team for support at any time after the procedure, if you have question or need support.

Where can I find out more?

National Breastfeeding Helpline

Available 24 hours a day 7 days a week: 0300 100 0212

NHS website <https://www.nhs.uk/conditions/tongue-tie/>

Association of Tongue-tie Practitioners www.tongue-tie.org.uk

UNICEF <http://www.unicef.org.uk/BabyFriendly/> (search for tongue-tie)

La Leche League GB <http://www.laleche.org.uk/>

Breastfeeding Network <http://www.breastfeedingnetwork.org.uk/>

We welcome your feedback

If you would like to tell us about the care from the Tongue-Tie Clinic please scan this QR code to complete a short survey.



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。