



PATIENT INFORMATION

# FRENULOTOMY - POST PROCEDURE ADVICE SHEET



This information will provide advice on the care of your baby following a frenulotomy (a procedure that separates a baby's tongue tie).

### **What happens after a Frenulotomy has been performed?**

The healing process results in a white diamond shape under the baby's tongue. This may be yellow if your baby is jaundiced. It gradually shrinks and will usually have disappeared two to three weeks after the procedure.



Post-procedure (Immediate)



### **What should I do once I get home?**

**You should care for your baby as normal.**

For the first 24 hours post procedure, feed your baby at the first signs of your baby wanting a feed. 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 nipple which can make the wound start to ooze some blood.

## **What if there is bleeding from the wound?**

If this happens,

Feed your baby either breast or bottle for at least 15 minutes as this helps to stop any oozing.

If after 15 minutes of feeding, the oozing has not stopped apply continuous pressure with a clean cloth for 5 timed minutes and bleeding should stop.

If your baby will not feed, then apply pressure on top on the tongue using a muslin/bib for 5 minutes, check after 5 minutes, if there is still any bleeding, apply pressure for a further 5 minutes and for a third time if necessary.

If the bleeding doesn't stop then you must attend your local Accident and Emergency Department.

Further information can be found

<http://www.tongue-tie.org.uk/Docs/ATP-Guideline-for-control-of-bleeding-post-tongue.pdf>

## **What if my baby is unsettled?**

Evidence suggests babies do not feel much pain or soreness post procedure. However, if your baby does cry more than normal this usually settles within 24 hours. During this time, continue to feed and cuddle your baby regularly.

It is rare for a baby to require any pain relief. There are, however, pain relief options available.

### **For babies under 8 weeks of age:**

- Paracetamol medicine is safe and can be prescribed by a General Practitioner.

### **For babies over 8 weeks:**

- Paracetamol can be given without a prescription as guided on packaging.

## **What if my baby is reluctant to feed or there is a change in the way my baby feeds?**

Some babies may feed differently after the procedure as the tongue is able to move more freely. If you are breast feeding your baby, try giving some of your expressed breast milk from a clean plastic medicine spoon to assist with calming and try again to breast feed your baby.

If you are formula feeding and your baby won't take the teat try giving some milk from a plastic medicine spoon that has been sterilised.

## **How can I help to prevent the tongue tie reforming?**

The incidence of recurrence is low (about 4 in every 100). There is some evidence to suggest that encouraging your baby to poke its tongue out may help your baby's future tongue movement and reduce the risk of reformation. This will have been discussed with you at the clinic.

If your baby's feeding improves but then becomes problematic again, please contact the Frenulotomy Service as before, stating your baby's name, your contact number, age of baby and a brief description of the problem;

[Wah-tr.Tongue-tie@nhs.net](mailto:Wah-tr.Tongue-tie@nhs.net)

The midwife who has performed the Frenulotomy will discuss this with you, please contact one of the specialists below

## **Continued support with breastfeeding**

Is it essential that you work with your local breastfeeding support team to optimise your babies latch, this may a few weeks , while your baby continues to learn and relearn to feed

You may find these links helpful

### **Positioning and attachment**

[www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video](http://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video)

### **Paced bottle feeding**

[www.youtube.com/watch?v=TuZXD1hIW8Q](http://www.youtube.com/watch?v=TuZXD1hIW8Q)

Support for feeding will be provided by your community midwife, health visitor, breastfeeding support team or from one of the groups. A separate leaflet will be provided or the information is available on the Worcestershire Acute NHS website

## **What follow-up will my baby receive?**

You will receive a questionnaire from the tongue tie team with a stamped addressed envelope.

We would appreciate you completing this form to improve our service and audit

**For more specialist support or any concerns, please contact**

### **Babies under 6 weeks old**

Caroline Payne, Specialist Midwife-Infant feeding, Tongue Tie Practitioner  
07879440264

Becky Davenport, Specialist Midwife-Infant feeding, Tongue Tie Practitioner  
07767440971

### **Babies over 6 weeks old**

Anthea Griffiths Infant feeding coordinator for HACW, IBCLC  
07979645191

### **Useful Resources and References**

- NICE Guideline available at [www.nice.org.uk/IPG149publicinfo](http://www.nice.org.uk/IPG149publicinfo)
- Association of Tongue tie practitioners [www.tongue-tie.org.uk](http://www.tongue-tie.org.uk)
- UNICEF – <http://www.unicef.org.uk/BabyFriendly/> (search for tongue-tie)
- la leche league – <http://www.laleche.org.uk/>
- Breastfeeding network – <http://www.breastfeedingnetwork.org.uk/>
- Association of breast feeding mothers – <http://abm.me.uk/frenulotomy-tongue-tie-release/>
- Prevalence , diagnosis and treatment of ankyloglossia  
<http://cfp.ca/content/53/6/1027.full.pdf+html>
- Baby Centre <http://www.babycentre.co.uk/a552046/tongue-tie>
- NHS choices <http://www.nhs.uk/conditions/tongie-tie/pages/introductions.aspx>
- The positive breastfeeding book by Prof Amy Brown

### **National Feeding Help and Support**

Breastfeeding support contact numbers

National Breastfeeding Helpline 0300 100 1212

La Leche League 0845 120 2918

Association of Breastfeeding Mothers 0300 330 5453

Look out for



This means you are welcome to breastfeed your baby here

We also have a FACEBOOK page

['Worcestershire welcomes Breastfeeding'](#)

**Like us** for lots of top tips and interesting information on breastfeeding and parenting



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.