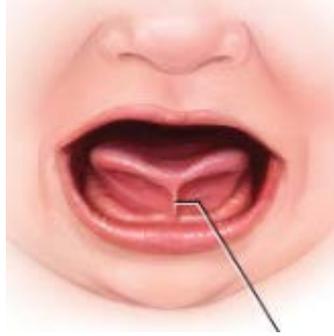


# Tongue Tie Release

Tongue-tie is a condition in which the thin piece of skin under the tongue (The lingual frenulum) is abnormally tight and may restrict the movement of the tongue. If surgery is required, it is called a Tongue Tie Release or Frenectomy. The operation involves releasing the skin under the tongue.



Lingual Frenulum

## Length of surgery

Your child will be away from you for 20 to 30 minutes.

## After the surgery

- > Some children may be upset on return from Theatre. This can be normal after an anaesthetic and they should settle after a short time. The nurse will monitor your child closely post operatively. The nurse will take your child's pulse rate, check breathing and make sure they are comfortable.
- > Your child will need to stay post operatively in Day Surgery for at least one hour depending on their recovery. They must be fully awake and eating and drinking before going home.
- > Your child can commence a light diet as soon as they are fully awake on return from theatre. Babies can breastfeed or bottle feed as usual. Some children may experience nausea and vomiting after surgery. Please inform your nurse if your child feels nauseous or vomits.

## At home

### Food and fluids

Luke warm fluid and soft food may be more comfortable for your child to eat and drink after their procedure. Avoid hot foods.

It is recommended that your child not eat greasy foods for approximately 24 hours as it may cause vomiting.

### Pain Management

Discomfort after the tongue-tie release is minimal and usually only last 24 hours. For young babies breastfeeding and skin-to-skin contact provides natural pain relief. Paracetamol may be given if they are fussy or refusing to feed in the first 24-48 hours.

### Breastfeeding

Breastfeeding can resume immediately after the tongue-tie release. Your baby's latch may feel different straight away or it may take a few days for your baby to adjust to using their tongue differently. If you are having any difficulties or concerns with your baby's feeding please see your GP or Lactation Consultant.

## Women's & Children's Hospital

### Wound care

There is no special care wound care required following the procedure. Occasionally, during the healing process a small white patch may be seen under the tongue. This is normal and should resolve within two weeks of the release.

Minor bleeding such as a pinkish tinge in your child's saliva can occur for up to 48 hours after the procedure.

If you have any concerns about your child's wound please seek medical advice.

### Activity

Your child should reduce their activities during the 24 hours after the operation and be under adult supervision to help them fully recover from the anaesthetic and procedure.

Rest is recommended and most children should be able to return to school / childcare in 1 - 2 days when well. To avoid bleeding, it is recommended to avoid heavy exercise for 48 hours. Please check with your doctor before you leave the Hospital.

### Nausea and vomiting

After Day Surgery, do not be concerned if your child vomits once or twice after leaving hospital.

If they vomit or feel sick, stop giving food for about an hour, then try offering a light diet such as toast or dry biscuits.

If your child keeps vomiting, please seek medical attention by either calling your GP or your nearest emergency department.

### Follow up

Generally, there is no need for follow up after this procedure however, if you have any concerns after your child's discharge please telephone your private consultant, local GP or the WCH on (08) 8161 7000 and ask to speak to your surgical team.

All Day Surgery patients will receive a follow up telephone call from a nurse the next day following surgery. This is to enquire on your child's condition post anaesthetic/surgery, post op recovery and answer any questions you may have about their care.

It is also an opportunity for you to provide us with any feedback about your child's stay at the Women's and Children's Hospital (WCH).

**In an emergency call an ambulance or take your child to the nearest doctor or hospital.**

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## For more information

### Paediatric Surgical Ambulatory Service

Women's and Children's Hospital

72 King William Road

North Adelaide SA 5006

Telephone: (08) 8161 7000

[www.wch.sa.gov.au](http://www.wch.sa.gov.au)

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