



What to expect and do after tongue tie release

Pain Management

- **For Infants Older than 3 Months:** Paracetamol or ibuprofen is usually sufficient for pain control.
- **For Infants Younger than 3 Months:** Pain medication is typically not needed. Coconut oil or teething gel can be applied to the wound for pain relief if necessary. In rare cases, paracetamol or ibuprofen may be given. Dosages based on weight can be found on the bottle.

Bleeding

- **Frank Bleeding:** If it occurs, typically stops within 15 minutes.
- **Minor Bleeding:** A drop or two of blood may appear sporadically in the area for the next few hours and after performing stretches for a few days.

Nursing Strike and Dehydration

- **Nursing Strike:** Due to mouth discomfort/numbness, some infants may refuse to feed, potentially leading to dehydration.
- **Emergency Care:** If feeding refusal persists, the infant may need IV fluids at the emergency department.
- **Lactation Consultant:** Follow up with your lactation consultant if any feeding problems or concerns persist after the procedure.

Wound Healing

- **Appearance:** A filmy white patch may appear over the wound, which is a normal scab. It should disappear within 2 weeks.
- **Feeding Improvement:** Improvement is typically seen the same day, but in some cases, it may take up to two days or more, especially with a high palate. Note that 20% of cases report no improvement despite the procedure.

Diet

- **Breastfeeding:** May be resumed immediately.
- **Older Children:** Avoid foods requiring front teeth biting (apples, carrots) for about a week. Stick to soft foods, then resume a normal diet.

Stretching Exercises

- **Need for Stretching:** No clear consensus on the need for stretching exercises in actively breastfeeding children.
- **With Stitch:** No stretching needed unless the suture falls off prematurely and the wound opens up.
- **Risk of Not Stretching:** Tongue may rapidly heal with new scar formation, reattaching the cut edges.
- **Performing Stretches:**
 - Perform 5-6 times per day for the first 2 weeks, holding for 2 seconds each time. May need to continue for up to 4+ weeks based on healing.
 - Start the first stretch the evening after the release.
 - For tongue tie releases, push a finger over the wound towards the back of the mouth, lifting the tongue to the roof of the mouth. Additional stretching for infants older than 4 months can involve pinching under the tongue and lifting it towards the roof of the mouth.
 - For upper lip releases, slide a finger between the gums and upper lip, sweeping side to side.

Follow-Up Appointments

- **Routine Check-Up:** If healing well, no follow-up appointment is needed. Call the office for any concerns.
- **Lactation Consultant:** Follow-up within one week is encouraged.

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.