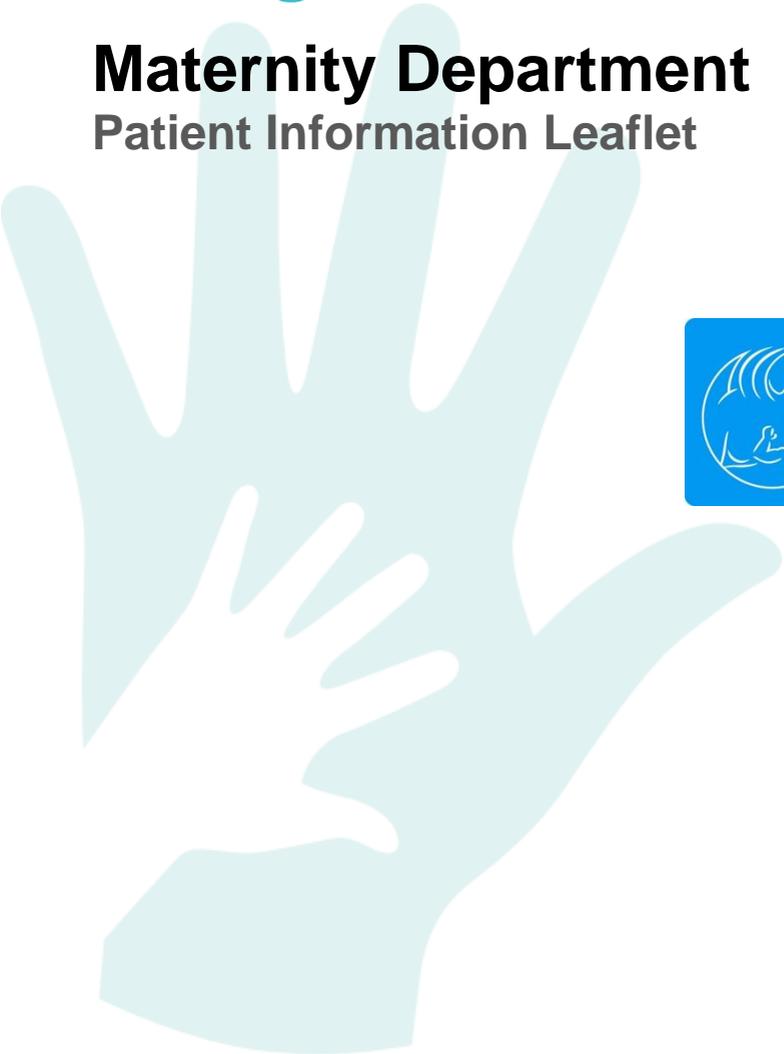


Caring for your baby after a tongue-tie division

Maternity Department

Patient Information Leaflet



Introduction

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

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

During the healing process, a white diamond-shape may form under your baby's tongue. This may be yellow if your baby is jaundiced. It gradually shrinks and will usually disappear one to two weeks after the procedure.

This picture shows normal wound healing after division:



What should I do once I get home?

You should care for your baby as normal.

For the first 24 hours after the procedure, 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.

What if there is bleeding from the wound?

Before you leave the clinic, the tongue-tie practitioner will ensure there is no bleeding from the wound. However, there is a possibility bleeding may start after you leave the clinic.

If this happens:

- Calm and feed your baby as this helps to stop any bleeding.

If your baby will not feed or bleeding continues after a feed:

- apply continuous pressure for **five minutes** with a clean, dry cloth or gauze swab (**do not use cotton wool**) and the bleeding should stop.

If after five minutes the bleeding has not stopped, use a fresh, clean, dry cloth and apply continuous pressure to the wound again for another **five to ten minutes**. Make sure you are applying pressure to the wound. Hold the cloth at all times, and **do not leave it in your baby's mouth**. Ensure that your baby's chin is not pressed down towards your baby's chest, so that your baby is able to breathe at all times. Try and keep your baby warm and calm.

If after feeding or applying pressure the bleeding has not stopped, or if at any time you are concerned about your baby's wellbeing, we advise you to either:

- Contact a tongue-tie practitioner. To do this, call Russells Hall Hospital switchboard on 01384 456111 and ask them to bleep the tongue-tie practitioner on Bleep 5050. The service is available on clinic days from 8.30am to 4.30pm on Mondays, Wednesdays and Fridays.

or

- Go to your local Emergency Department (ED). Keep continuous pressure under your baby's tongue using a clean cloth until the bleeding has stopped or until you have arrived in the ED.

When you arrive at the ED, give staff the letter you have been given by your tongue-tie practitioner. This letter may have been put in your Red Book.

What if my baby is unsettled?

Babies may feel some pain after the procedure, and if your baby does cry more than normal, this usually settles within 24 hours. Some babies may need pain relief:

For babies under eight weeks of age

Paracetamol medicine is safe if it is prescribed by your GP.

For babies over eight weeks

Paracetamol (e.g. Calpol) can be given without a prescription (always read the label; do not exceed the recommended dose).

Useful calming techniques:

- Continue to feed your baby as much as he/she wants to
- Skin to skin contact, keep your baby close
- Baby massage
- Put your baby in a sling- rocking/ movement may help
- Bathe with your baby
- Consider dimming the lights and using soft music

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 your baby is unable to latch on and breastfeed, try giving some of your expressed breast milk from a plastic medicine spoon that has been sterilised to try and calm them. Then try to breastfeed your baby again.

If you are using formula milk to feed your baby and they are reluctant to take the teat, try giving some formula milk from a plastic medicine spoon that has been sterilised.

We strongly recommend that you access some feeding support following the division of your baby's tongue-tie. This may be from your community midwife, infant feeding specialist, health visitor, a local breastfeeding group or a breastfeeding helpline. This will help ensure that you and your baby are achieving a good latch following the division.

What follow up care will my baby receive?

A week after your baby's tongue-tie division, a member of the Tongue-tie Team will ring you. Please try to be available for this call on the phone number you have given us. We will make three attempts to contact you. If you miss these calls and you would like to arrange another one, please email:

tonguetie.assessment@nhs.net

Alternatively, you can call Russells Hall Hospital switchboard on 01384 456111 and ask them to bleep the tongue-tie practitioner on Bleep 5050. The service is available on clinic days from 08.30am to 4.30pm, Mondays, Wednesdays and Fridays.

How can I help to prevent the tongue-tie from reforming?

It is rare for the tongue-tie to reform. Regular breastfeeding 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 a problem again, please contact the Tongue-tie Clinic on the email address below:

tonguetie.assessment@nhs.net

Email your baby's name, your contact number, the age of your baby and a brief description of the problem. You will receive an email response or telephone call within seven days of your email. If you need more urgent help, please contact your community midwife on the number listed at the back of this leaflet, health visitor, GP or your local hospital.

Alternatively, contact the tongue-tie practitioner by calling Russells Hall Hospital switchboard on 01384 456111 and asking them to bleep the tongue-tie practitioner on Bleep 5050. The service is available on clinic days from 8.30am to 4.30pm, Mondays, Wednesdays and Fridays.

Can I find out more?

You can find out more from the following web links:

- Division of Ankyloglossia (Tongue-tie) for Breastfeeding NICE Guideline available at www.nice.org.uk/IPG149publicinfo
- 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/>

- NHS Choices <http://www.nhs.uk/Conditions/tongue-tie/Pages/Introduction.aspx>

National feeding help and support

National breastfeeding support contact numbers are as follows:

- National Breastfeeding Helpline (9.30am-9.30pm): 0300 100 0212
- La Leche League Breastfeeding Helpline: 0845 120 2918
- Association of Breastfeeding Mothers Helpline (9.30am-10.30pm): 0300 330 5453
- National Childbirth Trust helpline 0300 330 0700

Local help and support

If you need help with breastfeeding, you can contact your local community midwife, health visitor, support network or a breastfeeding helpline.

For non-urgent enquiries after the tongue-tie separation procedure, please contact a tongue-tie practitioner on:

tonguetie.assessment@nhs.net

You will receive an email response or telephone call within seven days of your contact.

The numbers for community midwives and for local support are on the following page.

Contact numbers for community midwives and local support:

Dudley	01384 244358 (9am to 5pm, Monday to Friday) 01384 456111 ask for an on-call midwife (available 24 hours a day, seven days a week) Dudley Buddy Support Helpline: 01384 814545 (9.45am to 12.15pm, Monday to Friday)
Sandwell	0121 507 3774 (8.15am to 4.45pm, Monday to Friday. Not available 1pm to 1.30pm) Breastfeeding helpline: 07505 775357 (9.30am to 5pm, Monday to Friday)
Walsall	01922 656248 (1pm to 4.30pm, Monday to Friday)
Wolverhampton	01902 307999 ext. 5035 or ext. 4035 (24 hours a day, seven days a week) Wolverhampton Infant Feeding Team: 01902 307999 ext. 8389 (please note that this line is manned at different times each day)
Birmingham Women's Hospital	0121 472 1377 (24 hours a day, seven days a week)
Worcester	01905 760582 (9am to 5pm, Monday to Friday) 01905 760570 (24 hours a day, seven days a week)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Specialist Midwife Infant Feeding on 01384 456111 ext. 3887 or ask the switchboard to bleep 5050 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/maternity/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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