

## What Will Happen?

The tongue-tie release is a quick, simple procedure. No anaesthetic is needed. Your baby will be wrapped in a blanket to help keep them still and safe, then placed on a bed with a light shining into baby's mouth. The practitioner will use blunt-ended scissors to snip the frenulum (membrane) under baby's tongue. You are able to be with your baby throughout if you wish.

Immediately after the procedure you should offer baby a feed either by breast or bottle. Feeding comforts baby and helps to stop any bleeding.

For most babies there is immediate improvement in feeding. However, for some babies this may take longer. You will be given feeding support immediately after the release.

During the healing process you may notice a small white patch under your baby's tongue. This is normal and should go within two weeks.

You may require continued support with breastfeeding until your baby gets used to this new tongue action so please inform your Midwife or Health Visitor that the procedure has been done.

## Referral System

If you think your baby may have a tongue-tie that is causing you a feeding concern, **first contact your midwife or Health Visitor** as they will do a feeding review with you and refer you to the correct service.

# Suspected Tongue-tie Assessment Referral



## Information for Parents

Tongue-tie is a condition some babies are born with. It causes restriction of tongue movement when the frenulum (membrane) under the tongue is unusually short and tight.



## Why Might Your Baby Need a Tongue-tie Release (Frenotomy) Procedure?

About half of babies with a tongue-tie can breastfeed perfectly. If your baby is feeding well without any problems, tongue-tie division is not needed. However, if feeding is affected and a tongue-tie has been diagnosed then a release can be performed.

## What are the Difficulties Associated With a Tongue-tie and Breastfeeding?

Babies may present with a range of problems including:

- **Difficulty or inability to latch on to the breast**
- **Constantly slipping off the breast**
- **Excessive weight loss**
- **Slow or no weight gain**
- **Constant or very frequent feeding**
- **Unsettled baby**
- **May make a clicking noise while feeding**

Mothers often complain of:

- **Sore nipples similar to a “grating” sensation**
- **Misshapen nipples after a feed**
- **Pain during feeds**
- **Engorgement or mastitis**
- **Ineffective removal of milk**
- **Poor milk supply**
- **Distress due to difficulty in establishing breastfeeding.**

Release of a tongue-tie may help your baby to feed more effectively by improving the range of tongue movement necessary to breast feed.

If your health care professional suspects a tongue restriction may be causing a breastfeeding related issue, a referral will be sent. You will be contacted to attend the midwife-led tongue-tie clinic for an assessment by a qualified tongue-tie practitioner.

At this time you may be told that there is not a tongue-tie or that the release is not necessary or helpful for your particular breastfeeding issue. You will then be referred back to your health care professional for further breastfeeding support.