

Caring for your baby after a Frenulotomy

An information guide



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What happens after the procedure?

Once the procedure is complete we will bring your baby over to you to feed.

The tongue tie practitioner will have a piece of gauze in your baby's mouth pressing on the wound. This is to help stop any bleeding.

Feeding your baby will then continue to stop the bleeding. Before you leave the clinic the tongue tie practitioner will check that the bleeding has stopped.

Very rarely feeding does not stop the bleeding. When this happens pressure will be re-applied and we may have to use a drug to help us stop the bleeding. We will offer to monitor your baby for a short time after the bleeding has stopped.

Whilst you are feeding your baby we will go through the following information with you and may offer suggestions to hold your baby differently.

Feeding your baby at home

When you return home settle yourself and your baby, preferably in skin to skin contact, as this will provide a comforting environment.

Feed your baby whenever you see feeding cues, this will help your baby get used to the new mobility of their tongue. For bottle fed babies you can use the paced feeding method in skin to skin contact.

If you feel your baby is not being comforted by skin to skin contact or cuddles or is unsettled more than usual, you may wish to consider giving your baby some pain relieving medicine such as paracetamol.

- **Babies under 8 weeks old** - Should have paracetamol prescribed by your GP – **do not use over the counter products that you can buy from a pharmacy/chemist.**
- **Babies over 8 weeks old** – You can use over the counter medicines – **discuss with the pharmacist/chemist which to buy.**

Bleeding at home

We will make sure that your baby is no longer bleeding before you return home. If bleeding occurs at any time after this you would need to do the following:

Step 1:

Feed your baby whether that is from the breast or a bottle feed.

Let your baby feed until they have had enough. If bleeding has stopped you do not need to do anything else. If the bleeding has not stopped or your baby does not wish to feed at the time you notice the bleeding move to **Step 2.**

Step 2:

Cover your fingers with clean muslin cloth and apply continuous pressure to the wound site.

Place your fingers either under or over your baby's tongue with the tip of your thumb on the bony part of your baby's chin. Hold this for 10 minutes; do not be tempted to look as you may start the bleeding again.

At the end of this 10 minutes if there is no bleeding you do not need to do anything else.

At the end of this 10 minutes if there is still bleeding you need to repeat **Step 2** for a second 10 minutes of pressure

If there is still bleeding after the second 10 minutes of pressure then you need to continue with pressure using a clean part of the muslin cloth around your fingers and you should make your way to an Emergency Department.

Call an ambulance (999 from a landline or 222 from a mobile phone) if you are worried or unsure what to do at any time.

Will my baby get an infection?

It will take up to 48 hours for the wound site to be covered with an 'ulcer'. This ulcer is white. If your baby is jaundiced the ulcer may look yellow – this is normal.

Infection is very rare and the ulcer will help prevent bacteria from transferring into the wound, prevent bleeding and helps the wound to heal.

We ask that you wash and sterilise nipple shields, dummies, feeding equipment to help prevent bacteria transferring into the wound area. We also ask that no one puts their fingers into baby's mouth to look at the wound; this could introduce bacteria but may also cause bleeding.

If your baby likes to have their hands in their mouth then you may want to consider covering their hands to prevent them catching the wound/ulcer.

If you feel your baby is becoming poorly please contact your GP, midwife or health visitor or go to your local emergency department.

What follow-up is there?

We will contact you 1 to 2 weeks after the procedure to check if there has been bleeding, infection and how feeding is going. We can provide support and information as needed.

Can the restriction reform?

Very rarely the restriction will return. Sometimes after a significant period of improved feeding within the first 3 to 4 weeks after the procedure, feeding problems start to come back.

This may mean that the restriction may have reformed. We ask that you contact us directly on **0161 627 8752**. We will discuss your concerns with you and offer an appointment to undertake a second assessment which may or may not result in offering a second procedure.

Further information

Nipple shields can help to overcome breastfeeding problems, but they can also make some problems worse. If you wish to use nipple shields ask for support.

You can obtain further information from: **ABM-nipple-shields-breastfeeding.pdf**

You may wish to use a dummy with your baby. You can obtain further information from: **7-dummy-factsheet-2017-1.pdf (lullabytrust.org.uk)**

You can also receive feeding support from the National Breastfeeding helpline: **<http://www.nationalbreastfeedinghelpline.org.uk/>**

Helpline is open from 9:30am to 9:30 pm, 7 days a week

English - Telephone: 0300 100 0212

Welsh - Telephone: 0300 100 0212, option 1

Polish - Telephone: 0300 100 0212, option 2

Bengali / Sylheti - Telephone: 0300 456 2421 (if no volunteer is available please leave a message)

For help with breastfeeding and taking medications go to: **<https://www.breastfeedingnetwork.org.uk/drugs-factsheets/>**

Northern Care Alliance Tongue Tie Assessment Service is based at Royal Oldham Hospital.

We are contactable via the infant feeding team: 0161 627 8752 – please leave a message on the answer phone and we will get back to you. Please be aware we are a part time service and will deal with queries on Wednesdays and Fridays only.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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☎ : 0161 627 8770

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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