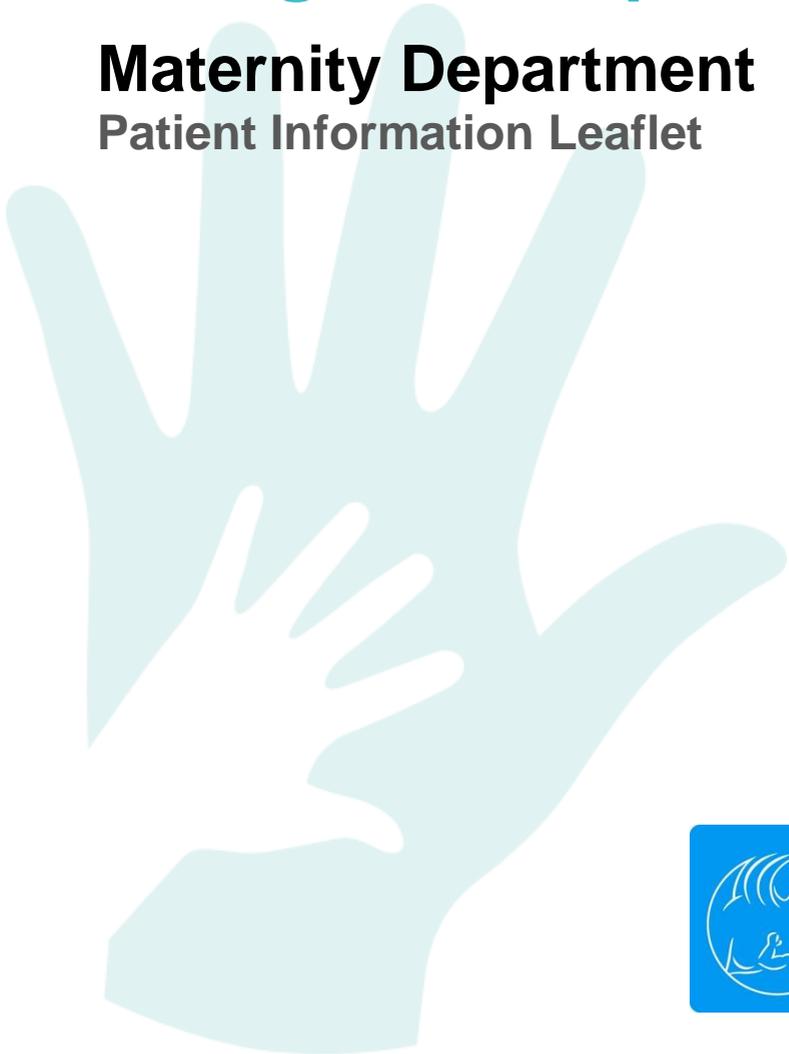


Caring for your baby after a tongue-tie separation

Maternity Department
Patient Information Leaflet



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Introduction

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

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

During the healing process, a white diamond-shaped patch 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.

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:

- feed your baby as this helps to stop any bleeding
or
- 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 a another **five 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**.

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 9am to 5pm 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 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. To settle your baby, it helps to continue to feed them, have skin-to-skin contact and cuddle your baby regularly. Some babies may need pain relief – the options available are:

For babies under eight weeks of age

Paracetamol medicine is safe and may be 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).

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 again to breastfeed your baby.

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.

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 should 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 9am to 5pm, Mondays, Wednesdays and Fridays.

What follow up care will my baby receive?

A week after your baby's tongue-tie separation, 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

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

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 9am to 5pm, Mondays, Wednesdays and Fridays.

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

It is rare for the tongue-tie to reform. Encouraging your baby to poke their tongue out and 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.

Can I find out more?

You can find out more from the following web links:

- 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)
- Milk Matters <http://milkmatters.org.uk/international-service-tongue-tie-talk/>
- La Leche League GB <http://www.laleche.org.uk/>
- Breastfeeding Network <http://www.breastfeedingnetwork.org.uk/>
- Association of Breastfeeding Mothers <http://abm.me.uk/frenulotomy-tongue-tie-release/>
- Baby Centre <http://www.babycentre.co.uk/a552046/tongue-tie>
- 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: 0300 100 0212
- La Leche League Breastfeeding Helpline: 0845 120 2918
- Association of Breastfeeding Mothers Counselling Helpline: 0300 330 5453

Local help and support

If you need help with breastfeeding, you can contact your local community midwife, breastfeeding buddy, 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)
Stafford	01785 257731 ext. 4839 (9am to 5pm, Monday to Friday) 01785 230059 (24 hours a day, seven days a week)
Bromsgrove	01527 488141 (9am to 5pm, Monday to Friday) 01527 501 828 (24 hours a day, seven days a week)
Wolverhampton	01902 695140 (9am to 5pm, Monday to Friday) 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)

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية), فرجاء ا اتصل بمنسق المعلومات للمريض
0800 0730510 على التلّفون Information Co-ordinator

حسب ضرورت اس لئفساٹ کوئی زبان (اردو) میں حاصل کرنے کے لیے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پر فونٹ انفرمیشن کو-آورڈینٹر (مریضوں کے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ کریں۔