

Tongue Tie Release

What is a tongue tie?

- A tongue tie is when the tissue that connects the bottom of the tongue to the floor of the mouth (frenulum) is too short and tight causing the movement of the tongue to be restricted.
- It can affect breast feeding with poor latching, speech, oral hygiene, licking the lips or getting food from between the teeth.



What is a tongue tie release?

- A tongue tie release or frenotomy (sounds like fre-not-o-me) is a procedure to release the tissue that attaches the tongue to the floor of the mouth.

Why do we release the tongue tie?

- The tongue tie release is most commonly done when it is affecting feeding and weight gain in babies. It is also done for a variety of other reasons specific to your child.

What happens during the tongue tie release procedure?

- Your child will be given medicine to put him or her asleep for the tongue tie release. This is called a general anesthetic.

- Your child's Pediatric Otolaryngologist (ENT doctor) will divide the tissue (frenulum) that attaches the tongue to the floor of the mouth.

What can we do to prepare for the surgery?



- Read a booklet called, "Your Child's Surgery or Procedure". Your child's ENT doctor or Clinic Nurse at BC Children's Hospital can provide you with a copy. This booklet will help you prepare both yourself and your child.
- Buy acetaminophen (e.g. Tylenol®) and ibuprofen (e.g. Advil®)
- Call the ENT Clinic Nurse if your child has a cold, flu, or infection within 2 weeks of surgery.



Take the virtual tour at <https://youtu.be/7050CiewqVY>. This tour gives you information about:

- Getting ready for the surgery the weeks and day before
- What happens the day of the surgery
- Where your child will go.

What can we expect after a tongue tie release?

- **Feeling sick to his or her stomach**
It is not uncommon for your child to feel sick to his or her stomach after a general anesthetic. If your child throws up

(vomits), do not give him or her anything to eat or drink for 1 hour. After 1 hour, try sips of water or a popsicle. Go back to your child's regular diet as soon as your child feels well enough to enjoy it.

➤ **Pain**

Some children may complain of pain after the tongue tie release. Offer your child acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) as needed.

When can my child return to activities?

- You child can resume his or her activities when they feel able to do so.



Call your child's Family Physician or the ENT Clinic Nurse at 604-875-2345 ext. 7053 or toll free in BC 1-888-300-3088 ext. 7053 if:

- Your child's temperature goes above 38 degrees Celsius or 100 degrees Fahrenheit for more than 3 days
- Your child throws up (vomits) for more than 24 hours after the surgery
- Your child has bleeding at the incision site
- Your child has increased pain
- There is an infection

Follow up with your child's family physician within 4 weeks of surgery.

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