



**Spire** Children and Young  
People's Service

## Patient information

# Tongue tie release

This leaflet provides some standard information and advice about tongue tie release. However, you should always follow the instructions of your child's consultant.

If you have any unanswered questions or concerns, please do not hesitate to ask your child's consultant or nurse for more information. It is natural to feel anxious, but knowing what to expect can often help.

The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.

	<b>Children's Ward: 0161 447 6914</b>
	<b>Out of Hours: 0161 447 6677</b>
	<b>info@spiremanchester.com</b>
	<b>www.spiremanchester.com</b>



**Spire**

Manchester Hospital

The risks associated with tongue tie release are small. They were discussed with you prior to your child undertaking the procedure and are detailed on the copy of the consent form you received.

### **Bleeding**

The risk of bleeding after tongue tie release is very small. Should you notice any bleeding you should immediately attend the nearest Accident & Emergency department.

### **Infection**

The risk of infection is also very small. An infection might present with fever, pain, reluctance to feed, and/or swelling beneath the tongue that raises the tongue upwards within the mouth. If you suspect your baby might have an infection you should arrange to see your GP that day, as antibiotics are likely to be needed.

### **Discomfort**

Tongue tie release does not appear to be associated with any lasting pain and we do not recommend giving your baby pain relieving medication.

### **Improvement**

Benefit from tongue tie release can be noticed immediately following the procedure, but it may take a few days.

### **Feeding**

You should feed your child as normal following the procedure.

### **If symptoms persist**

There is a relationship between tongue tie and reflux in some babies. Your child's consultant will have discussed this with you if they felt that this could be the case. Sometimes babies still need reflux medication after tongue tie release.

### **Contact us**

You will have been given details on how to contact your child's consultant at the clinic appointment.

Further information regarding tongue tie release can be found at **[www.unicef.org.uk/BabyFriendly/Parents/Problems/Tongue-Tie/Division-of-tongue-tie/](http://www.unicef.org.uk/BabyFriendly/Parents/Problems/Tongue-Tie/Division-of-tongue-tie/)**

**If you have any questions or concerns, please do not hesitate to contact the paediatric team on 0161 447 6914 or main reception on 0161 447 6677.**

**Spire Manchester Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.**