

# Tongue-Tie (Ankyloglossia) & Post-Frenotomy Care

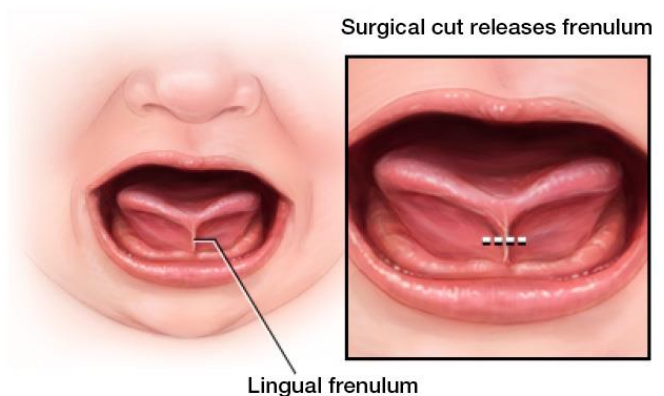


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A **tongue-tie (ankyloglossia)** occurs when the small band of tissue under the tongue (the *lingual frenulum*) is tight or short, limiting tongue movement.

Some babies with tongue-tie have no problems, while others may have:

- Difficulty latching or staying latched
- Clicking sounds when feeding
- Poor weight gain
- Maternal nipple pain or damage
- Prolonged or tiring feeds



## What is a Frenotomy?

A **frenotomy** is a quick procedure where the tight frenulum is released.

- Takes only a few seconds
- Usually done in clinic
- Minimal bleeding
- Babies can feed right after

The goal is to improve tongue movement and feeding.

## What to Expect After the Procedure

It is normal for your baby to have:

- A small amount of bleeding right after
- Fussiness for a few hours
- A white or yellow patch under the tongue (this is *normal healing*, not infection)

Most babies improve feeding within a few days, but for some it takes 1–2 weeks.

## Feeding After Frenotomy

- Feed your baby **right away after the procedure**
- Continue breastfeeding or bottle feeding as usual
- You may notice:
  - Better latch
  - Less nipple pain
  - More efficient feeding

If feeding is still difficult, a **lactation consultant** can be very helpful.

## Pain Management

Most babies tolerate the procedure very well.

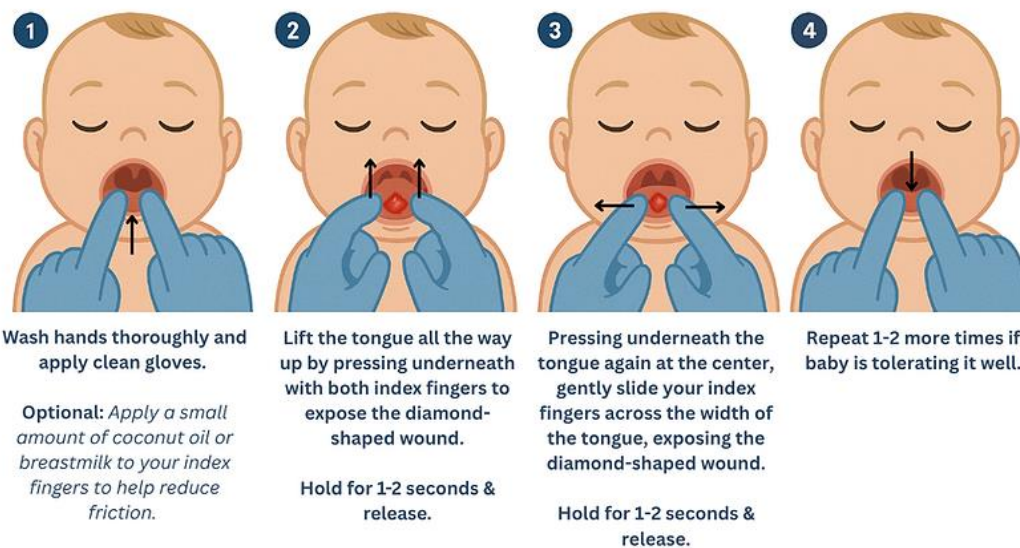
If needed:

- Breastfeeding provides comfort
- Skin-to-skin contact helps
- You may use **acetaminophen** every 6hrs as needed

## Wound Care & Exercises

Some providers recommend gentle tongue exercises to prevent reattachment.

### Tongue Tie Stretch (Lingual)



Frequency: usually **2–3 times per day for 1–2 weeks**

## When to Seek Medical Attention

Contact your doctor if you notice:

- Persistent bleeding
- Refusal to feed
- Fever
- Increasing redness, swelling, or discharge (rare)
- No improvement in feeding after 1–2 weeks

## Important Notes

- Not all tongue-ties require treatment
- The decision to perform frenotomy is based on **feeding function**, not just appearance
- Ongoing feeding support is often key to success

## Follow-Up

- Follow up with your pediatrician and/or lactation consultant
- Monitor feeding, weight gain, and comfort

## Questions?

If you have concerns about feeding or healing, please reach out.

