

Frenulotomy (Release of Tongue-Tie)

What is a Frenulotomy?

The frenulum is the piece of skin that attaches the tongue to the bottom of the mouth. If it is too short, it's called tongue-tied. This can cause problems with talking and eating.

A frenulotomy is surgery to clip or cauterize the frenulum. The surgery helps the tongue move more freely.

What do I need to know before my child's surgery?

- **Do not give your child these medicines at least 2 weeks before surgery. They increase the chance of bleeding during surgery.**
 - **Ibuprofen (Motrin®, Advil®, Pediaprofen®)**
 - **Naproxen**
 - **Aspirin**

You can give Tylenol as needed. Do not stop any prescribed medicines without talking with your doctor. If your child is put on any medicine other than an antibiotic before surgery, please call our office.

- We try to schedule surgery as soon as possible. If you have not heard from us in 2 weeks, please call our office.
- Surgery is best done when your child is healthy. If your child has signs of illness, call your child's doctor or nurse right away. Surgery may be cancelled if your child is ill or has a fever.

What happens after my child's surgery?

What to expect:

- You might see a stitch under your child's tongue. The stitch will dissolve on its own. You may also see an area in their mouth that looks yellow, gray or white. This is a normal part of the healing process.
- Your child may drool more than normal for about 3 days after surgery.
- Vomiting is common after surgery. If it does not stop after 24 hours, call your child's doctor.

Activity:

Have your child do quiet activities and games and until they feel well enough to be more active.

After surgery (continued)

Pain:

- There is very little pain from this surgery. Your child may feel like they bit their tongue. The pain normally does not last long.
- Your child may have acetaminophen or ibuprofen if needed for pain.
- If your child is old enough, they can suck on ice chips to help ease pain.

Diet:

- Your infant/child may breast feed immediately after the procedure. It is safe and also comforting.
- Your child should start with clear liquids. You can get your child back on their regular diet when they can tolerate it.
- Rinse your child's mouth with water after giving a bottle or meal to help keep the mouth clean.

Follow-up

- A follow up appointment is needed about 2 weeks after the surgery. If this post-op visit is not scheduled yet, call your doctor's office to make an appointment with your doctor or the nurse practitioner.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- A hard time sucking or feeding or is not drinking.
- Swelling or infection under the tongue.
- Severe pain.
- Signs of unusual bleeding or bruising.
- A fever of 101.2° F (38.5° C) or higher for more than two days or if the fever is not relieved by acetaminophen.
- Special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.