



# Aftercare for tongue tie division

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## Information for parents whose baby has had a procedure to treat tongue tie.

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### What to expect

It may look sore under your baby's tongue and a small white or yellow blister may appear during the next few days. This is part of normal healing and may take 7-14 days or so to disappear.

Please feed baby frequently over the next few days and, if you are using a bottle, ensure the teat goes on top the baby's tongue so as not to interfere with healing.

If your baby's wound appears swollen, red or inflamed or baby develops a fever, appears unwell or you have any other concerns, contact your GP, for further assessment as your baby may need antibiotics.

If any further bleeding occurs once you've left our department, calm your baby and apply pressure to the wound with a clean piece of gauze or muslin for 5 minutes.

If bleeding persists, take your baby to the Children's Emergency Department (A&E) whilst maintaining pressure on the wound.

Your Health Visitor Team or local breastfeeding support services can offer further feeding support if required. Please see your baby's Red Book for a list of local and national support.

**Fun tongue exercises:** Poke your tongue out at your baby so baby can mimic you; run your finger over baby's gums to encourage side tongue movement; allow baby to suck on your finger, attempt to remove it and allow baby to suck to draw your finger back in, ensuring baby doesn't gag.

**Approximately 6 weeks after your baby's tongue tie division we will email you a feedback survey. We would really appreciate it if you could spare 5 minutes to complete this to help guide and improve our service.**

Further feeding information available at:

<https://www.royalberkshire.nhs.uk/services-and-departments/maternity/feeding-your-baby>  
<https://www.tongue-tie.org.uk/>

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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