

Advancing the future of pediatric
healthcare...together.
Pediatric Otolaryngology

Matthew T. Brigger, MD,
MPH Division Chief

Morgan Bliss, MD

Daniela S. Carvalho, MD,
FAAP

Wen Jiang, MD

Shelby Leuin, MD

Anthony E. Magit, MD, FAAP,
MPH

Javan Nation, MD

Elina Kari, MD

Ronak Rahmanian, MD

Fellow:

Tina Liou, MD

Physician Assistant:

Denise M. Lago, PA-C

Virginia Floco, PA-C

Sallie Cataldo, PA-C

Main Office:

3030 Children's Way
4th floor

San Diego, CA 92123
(858) 309-7701
(858) 966-4062 Fax

Regional Offices:

Encinitas
(760) 944-5545

Escondido
(760) 755-7600

Murrieta
(951) 600-1640

Oceanside
(760)547-1020

Frenotomy (Tongue Tie Release) Information

(Please take the time to read through and initial after each paragraph)

1. The procedure (frenotomy/frenulectomy) can be done in our office today. It takes approximately 1 minute and there may be some minor bleeding that is usually controlled with pressure. You are encouraged to breastfeed immediately. Initial _____
2. Every mom and baby have a unique feeding interaction. Since breastfeeding is a complex motor task the baby and Mom have to perform together, the frenulum is only part of the big picture. As with any medical procedure, there are no guarantees that this simple procedure will solve all your breastfeeding problems although most mothers report significant improvement. Initial _____
3. There is also a small chance that your baby may need to have a repeat procedure if there continues to be problems. Initial _____
4. You will be taught "**exercises/massage**" (to help alleviate the need for a revision) for the next 5 days to keep the wound from scarring down. It is very important to follow these directions as it will decrease the likelihood for the revision procedure. Initial _____

Post Frenotomy Instructions

Pain- Most babies do just fine after the procedure, however if your baby seems irritable, you may give them infant Tylenol as needed – _____.

Healing- The area under the tongue will **turn white** over the next few days. This is normal scabbing and is not a sign of infection. The mouth heals very quickly and this will resolve on its own. Antibiotics are not needed.

Exercises/Massage- We will provide you with gauze and saline (pink packets) "starter pack". Starting today, open the saline by twisting the top off. Use the Saline to wet the 2x2 gauze, wrap around your finger and place your finger in the mouth under the tongue. Push up on the tongue to stretch the wound then gently massage the wound **before each feed** for the next 5 days. The entire process should take only 30-45 seconds. This will help to prevent the frenulum from scarring. A good latch on the breast will also help in keeping the frenulum from re-attaching.

Follow up-Please call our nurse triage line in the next 3-4 days to give us an update at 858-309-7701 ext 3692. This feedback is very valuable and there is no need for a routine follow up visit. We are always happy to re-assess the infant if you would like.

Ongoing care-If you are still experiencing breast feeding difficulties, it may be helpful to visit a lactation consultant after the procedure so they can help with any adjustments.