



# Tongue-Tied

Patient and Family Education

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This teaching sheet contains general information. If you have any additional questions, please speak with the office nurse at (813) 262-1330.

## What is being tongue-tied?

Tongue-tie is a situation in which the lingual frenum, the thin vertical fold of tissue that attaches the tongue to the floor of the mouth, is short and restricts the movement of the tongue. This condition is also known as ankyloglossia. Being tongue-tied may affect breast feeding (due to inability to latch well), eating solid foods (due to an inability to move food to the back of the mouth for swallowing), speech development (as unable to move tongue appropriately to form sounds), and dental hygiene (due to an inability to use the tongue to "sweep" food from the teeth).

## How long will it take to recover?

Most children are pain free within 24 hours after the procedure. There may be some minor bleeding immediately after surgery, but resolves before leaving the office or surgery center. There is usually a noticeable improvement in latching within 24 hours of the procedure.

## How can I take care of my child after surgery?

1. Pain- Most children are back to normal within 24 hours after surgery. If uncomfortable, please give Tylenol (Acetaminophen) every 4-6 hours as needed for pain.
2. Color changes- You may notice some grayness under the tongue and on the floor of the mouth. This will slough off and does not require any additional treatment.
3. Bleeding- There should not be any bleeding after surgery.
4. Post-Op Appointment- A follow up appointment isn't necessary unless there are additional concerns.

## When should I call the doctor?

Call the office if your child experiences:

- Bleeding
- A temperature over 101<sup>o</sup>F
- If you have any concerns about how your child looks or feels