

Child's tongue-tie division

These instructions are intended for printing. The instructions contain sections to be filled in.

The frenulum of the tongue is a short, tight piece of skin that connects the underside of the tongue to the bottom of the mouth. A tongue-tie division, also called frenulotomy, is necessary for a child if there are problems with speech development due to a frenulum that is too short.

Procedure

The procedure is quick and is performed under general anaesthesia. The frenulum of the tongue is cut and the edges of the incision are sewn using dissolvable stitches.

Recovery

On the day of the procedure, the child needs rest and adult supervision. They can go to school or day care the next day.

Feed the child cool and soft food on the day of the procedure. From the day after the procedure, the child can eat as normally as they are able to without pain.

Rehabilitation

We recommend starting the following exercises a day or two after the procedure and doing them regularly several times a day for a few weeks. The exercises may be a little uncomfortable at first, but they should not cause pain. Repeat the exercises 5 times.

1. Lift your tongue up behind the upper teeth and open your mouth as wide as you can.
2. Stick your tongue out straight.
3. Stretch your tongue up towards your nose and try to lick the end of your nose.
4. Count your teeth with your tongue! Move your tongue along the row of teeth at the top and then at the bottom.

Wound care

The child's saliva may be red during the first few days, but this is harmless. After eating, it's a good idea to rinse out the mouth with water for the first few days. Teeth can be brushed as normal.

Pain management

We recommend giving the child painkillers regularly during the first two days after the procedure and after that as needed.

Paracetamol

Anti-inflammatory painkiller

Contacting us

If there are symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please contact the Ear Outpatient Clinic:

Ear, Nose and Throat Outpatient Clinic on weekdays 08.00–10.00, telephone 06 213 1372

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.