

Tongue Tie

Treatment

- Tongue tie release, otherwise known as frenulotomy or frenuloplasty, describes a small procedure to incise and release a tight lingual frenulum.
- The lingual frenulum is a small band of oral mucosa that connects the under surface of the tongue to the floor of the mouth in the midline.
- A tight lingual frenulum can hamper latching while breastfeeding and in rare instances, impair the production of certain consonants.
- Tongue tie release is typically performed in office for young infants and requires little anesthesia or aftercare.
- Older children may require a brief anesthetic and in some instances will have dissolvable sutures.

What should we expect after frenuloplasty?

- Your child may have a scant amount of blood tinged saliva and slight discomfort
- We recommend using your fingers to stretch the tongue once to twice daily after surgery in order to prevent scarring.
- Oral Tylenol is usually sufficient for pain.
- The area of release typically has a diamond shape and may look white in color as it heals.

What are some reasons we should contact our doctor after surgery?

- Contact our office if you note active bleeding from the surgical site
- Please call if your child has pain not relieved with Tylenol or Motrin and has had poor fluid intake.
- Make an appointment to follow up if there is any concern of abnormal scar or any residual tethering of the tongue.