



Aftercare for tongue tie division

Information for parents

What to expect

It may look sore under your baby's tongue and a small white/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 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.

Should any further bleeding occur once you've left our department: Calm your baby, apply pressure to the wound with a clean piece of gauze or muslin for 5 minutes.

If bleeding persists, take your baby to Paediatric ED 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 list of your 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

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

Infant Feeding Team Lead,

Reviewed: May 2025

Next review due: May 2027