



Morris House
Group Practice



What is tongue-tie?

Tongue tie can restrict the tongue's movement, which can make it difficult for a baby to be breastfed and occasionally bottle-fed. This is because it can be difficult for the baby to open their mouth wide enough to latch on to the breast properly.

Tongue tie affects approximately 1 in 10 babies and is more common in boys than girls.

What to expect during the procedure:

The procedure is called frenulotomy (tongue-tie release), and will be performed in our Minor Surgery clinic by Dr Tzanidakis.

The procedure lasts no longer than a few seconds, and does not require an anaesthetic (pain relief medication).

The majority of babies tend to cry for less than a minute after the procedure, and they can be breastfed or bottle-fed immediately after.



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What are possible symptoms of tongue-tie for the baby?

In breastfeeding:

- Difficulty in attaching to the breast, or remaining attached for the full feed
- Feeding for a long period of time, then needing a break, and then being fed again
- Appearing unsettled, and hungry all the time
- Unable to gain weight as quickly as expected
- Making a clicking sound when feeding. However, this may also be a sign of needing to support the baby more through repositioning and attachment
- Lots of 'wind' with excessive hiccups and flatulence
- Have difficulty controlling the milk flow (choking and coughing)

In bottle feeding:

- Take a long time to feed
- Only take a small amount of milk
- Dribble a lot during the feed
- Lots of 'wind' with excessive flatulence and hiccups
- Unable to gain weight as quickly as expected



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What issues can tongue-tie cause for mothers who are breastfeeding?

- Sore or cracked nipples
- Low milk supply
- Mastitis (inflammation of the breast) which may keep returning
- Exhaustion, stress, and/or anxiety from constant feeding or having an unsettled baby

What are the risks of the tongue-tie procedure?

The risks of the procedure are minimal, however your baby may experience:

- Minimal bleeding and site soreness on the day
- Temporary fussiness and irritability
- Scarring/reattachment
- A white patch (ulcer) under the tongue which should heal within 1-2 days
- blockage to glands producing saliva

If you have any concerns or questions after the procedure, please contact your GP to book an appointment to discuss in detail.