

# Care Following Tongue Tie Repair

## Discharge from hospital:

A tongue tie repair is a day only procedure. Your child will usually be discharged the same day following their surgery.

## Diet:

Once your child is fully awake after the procedure they will be offered clear fluids and if this is tolerated they can then progress to a normal diet. Infants can resume breast feeding or formula once they have tolerated water.

With tongue ties a soft diet for the next few days is advisable.

## Pain relief:

Paracetamol is the drug of choice if pain relief is required. The nurse can advise you of the dosage before you leave the hospital. For older children Painstop may be useful; the anaesthetist will advise you of this on the day.

NOTE: Do not use Aspirin or Disprin as this may promote bleeding

## Complications:

- Vomiting post anaesthetic may occur and it is best to give nothing for an hour and then only offer water or clear fluids in small amounts until the vomiting / nausea have stopped.
- A small amount of blood stained discharge may occasionally be seen from the mouth and this should settle.
- If there is any significant bleeding please contact Dr Henry or the hospital.
- If your child develops a temperature above 38°C, please call Dr Henry or the hospital.

## Follow up appointment:

Please call Dr Henry's rooms on 9650-4422 when you get home to book your post operative appointment. This is usually 4 weeks after surgery but if you have any concerns before this please call. Should a medical certificate be required please contact us and one can be provided.