



Aftercare children and adults after removal of a tongue and lip tie

Pain and discomfort after treatment

- The wound feels like a burn in the mouth and can be painful.
- There can be swelling in the first few days.
- This gradually disappears.
- Medication such as paracetamol can be taken orally or via a suppository. Check with your doctor or chemist for the right dose.

Eating and drinking

- You may eat directly after the treatment but it is advisable to wait until the anaesthetic wears off.
- If solid food hurts then take only liquids.
- Don't eat anything hot or spicy in the first few days, preferably lukewarm or cold food so as not to irritate the wound.

Healing

- Healing can occur anytime from a few days to a few weeks. The wound will be "diamond-shaped" and will look like a hole in the beginning. This will change in a few days to a white/yellow colour, looks like pus.
- The wound can appear infected (see photos) but this is the normal healing process.
- The wound can bleed a little and there can be a little bit of blood in baby's nappy (black in colour) due to ingestion. The wound can bleed slightly when touched. This will do no harm. If necessary press on the wound for a few minutes with a swab or clean cloth.
- Haemorrhage or prolonged bleeding occurs rarely. If this does occur always contact the provider. It is also vital to inform the provider before any treatment takes place of any problems in the family such as scar tissue or clotting problems.

Aftercare and Tongue exercises

- Wash hands and keep nails short.
- Carry out the exercises preferably before a feed or meal.
- The aftercare exercises should last around 15 to 30 seconds.
- Do not expect immediate results, sometimes it can take a few weeks or more before there is noticeable improvement especially when the child is older.



Aftercare and Exercises

The tongue now has more possibilities to move but this does not always happen automatically. The resting tongue can lie in its old position. This also applies to the upper lip. The wound healing in the mouth can occur fast resulting in the ties growing back. If this occurs then the treatment can be re-done.

- Aftercare should be carried out for at least two weeks.
- Minimal 2 times a day, preferably 3
- The wound appears in a "diamond-form".
- The adult/child will probably find it more comfortable if you use cold fingers.
- Massage 5 or 6 times the wound on the upper jaw with the top of your index finger from left to right. Repeat with the wound under the tongue. It can bleed slightly after treatment.
- Lift the tongue or lip up once or twice with both index fingers.
- A few days after the treatment the wound can look white/yellow in colour almost like pus. This is perfectly normal.





Exercises for the lip:

- Lift the lip up minimal 2 but preferably 3 times a day .
- Feel the tension so that you know if the lip tie has grown back or not.

Exercises for the tongue:

- Stick the tongue out, moving it up and down.
- Stick the tongue out and move from left to right.
- Stick the tongue out 10 times.
- Move the tongue from left to right 10 times.
- Move the tip of the tongue from the upper lip to the lower lip 10 times.
- Lick or suck an ice cream or something else where the tongue can be stimulated to move.
- Suck against the palate hold for ten seconds.
- Make a clicking sound as often as possible.

It is a good idea to get everything checked out by the treatment provider and to check that the exercises are going well. Contact your provider with any questions or queries.

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