

Bleeding Post Frenulotomy

Guidance on Bleeding for Parents

**The following information is based on guidance written by The Association of Tongue-tie Practitioners 2019
For references please visit www.tongue-tie.org.uk**

A small amount of bleeding post division is common and to be expected.

Allowing the baby to feed on the breast or bottle treats this best, as feeding will compress the floor of the mouth.

A small audit involving 50 practitioners, conducted by the ATP in 2018 found that around one in 400 babies will require pressure to settle the bleeding. Around one in 7000 will need to attend hospital in order to apply adrenaline directly to the wound site and around one in 77,000 may require cautery or suture.

PLEASE NOTE: Rarely there have been reported cases of bleeding which have occurred sometime after the tongue-tie division has been performed. Usually on the same day, when the baby has returned home from a clinic, or the practitioner has left the house.

If this does occur the bleeding is usually very light and is triggered by strenuous crying (resulting in the tongue lifting and disturbing the wound), or when the wound is disturbed during feeding, particularly if the wound is caught by a bottle teat or tip of a nipple shield.

How to Manage Bleeding Should this Occur Sometime After the Procedure

- 1 If you notice any blood in your baby's mouth then offer the baby the breast or bottle and feed them. This will usually stop the bleeding within a few minutes just as it did immediately after the procedure. **If the baby refuses to feed, then sucking on a dummy or your clean finger will have a similar effect.**
- 2 If the bleeding is very heavy or does not reduce with feeding and stop within 15 minutes, then apply pressure to the wound under the tongue with one finger using a clean piece of gauze or muslin for **10 minutes. Do not apply pressure under the baby's chin as this can affect breathing.**
- 3 If bleeding continues after this time continue to apply pressure to the wound and take your baby to the hospital (call an ambulance if you live more than a very short distance from the Accident and Emergency Department).

Taking your baby to Hospital

If you need to take your baby to the hospital, please show a copy of the full **Guideline for the management of bleeding post frenulotomy** to your care provider.

This guideline can be found on my website resources page 'Guideline for Health Professionals - The Management of Bleeding Post Frenulotomy', as well as on The Association of Tongue-tie Practitioners Website <https://www.tongue-tie.org.uk/control-of-bleeding-tongue-tie/>