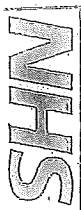


## Breast feeding groups in Plymouth and the surrounding area

Latch on - Plymouth 01752 283826  
Latch on - Devonport 01752 366795  
Latch on - Peverell 01752 761007  
Crownhill Family Centre every Friday 10 - 11.45  
Latch on - Homicknowle 01752 966795  
Latch on - City Centre 01752 600843  
Latch on - Witleigh 01752 237691  
Latch on - Cattedown 01752 667869  
Latch on - North Prospect 01752 313293  
Latch on - St Budeaux/Barne Barton 01752 407496  
Latch on - Plymstock 01752 407496  
Boobie babies - Tavistock 01822 614210  
Cornwall  
Rame Baby Cafe  
Salwash 01752 847419  
Torpoint 01752 816569  
Callington 01579 389647  
Liskard 01579 349157  
Launceston 01566 770823

All groups and clinics are very welcoming to new mums; you don't have to have a problem to attend. Great for moral support, company from like-minded mums and get information.



## Information for parents following division of tongue-tie

ENT Outpatients Level 7

Patent Information Leaflet

Tel: 01752 202082

Derriford Hospital  
Derriford Road  
Plymouth  
PL6 8DH  
01752 202082  
[www.plymouthhospitals.org.uk](http://www.plymouthhospitals.org.uk)

## Following a tongue-tie division

Your baby was found to have a tongue-tie and you've consented to have a division of tongue-tie in our clinic to improve feeding.

As discussed with you in your assessment there are a number of possible risks associated with a division of tongue-tie, namely pain, bleeding, ulceration, infection, damage to the tongue/submandibular ducts and the possibility of recurrence of the tongue-tie.

The following information is provided to reassure you and provide direction should you encounter any complications.

If you continue to experience breastfeeding problems following the division of your baby's tongue-tie perhaps you could seek breastfeeding support from local or national support groups.

There are numerous breastfeeding groups in Plymouth and the surrounding area.

[www.plymouth-latchon.org.uk](http://www.plymouth-latchon.org.uk)  
[livewell@nhs.net](mailto:livewell@nhs.net)

## BLEEDING

Sometimes there is no bleeding; rarely a baby's mouth will bleed some minutes. This would have been stopped with some pressure with some sterile gauze and the post division feed will also have helped. It is similar to when an older child falls over and bites the inside of his/her mouth or tongue. Your baby will be discharged once we are satisfied that there is no further risk of bleeding. In the unusual situation that significant bleeding occurs once you are home and you are concerned about it then you should attend your local Emergency Department. Ensure that you bring any paperwork relevant with you.

## ULCERATION

Once the procedure is complete your baby's mouth will not look unusual in any way... They may practice poking out their tongue quite quickly. On the following day, or the day after that you may notice a small white blister on the underside of your baby's tongue. As far as is known, this is painless and it does not stop them feeding.

## INFECTION

We have used gloves, gauze and sterile scissors for you baby's procedure. Baby's mouths are not sterile and, as babies

grow, they explore the world by putting things into their mouths. Signs of infection include temperature redness and swelling. Should you have concerns, you should contact your Community Midwife or Health Visitor.

## DAMAGE TO THE TONGUE OR SUBMANDIBULAR DUCTS OR RECURRENCE OF TONGUE-TIE

Very occasionally the spit gland in the bottom of the mouth under the tongue can be damaged. You would notice some swelling behind the jaw after food if this has happened.

If you have concerns about any possible problems then please contact either your Community Midwife, Health Visitor, GP or if your baby is less than 28 days old there is 24/7 Midwifery help available - 01752 430200