



## Procedure Information

### Tongue-Tie Release / Tie Cutting

#### Introduction

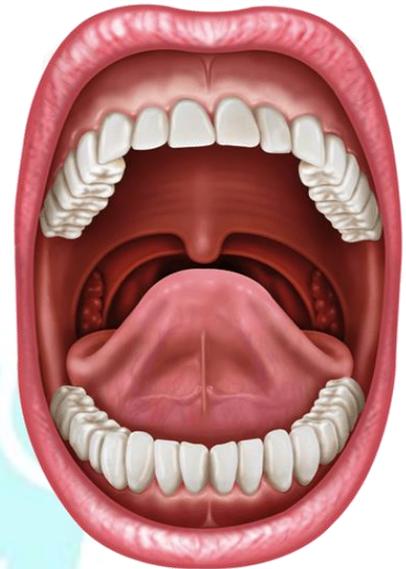
Tongue-tie is a birth defect which restricts the tongue's movement. It is more common in boys than girls. Some cases can persist, and may cause problems such as speech difficulties, difficulty eating certain foods. Tongue-Tie Release is a simple procedure that involves cutting the short, tight piece of tongue-tie connecting the underside of the tongue to the floor of the mouth.

#### Outcomes

This procedure significantly improves the movement of tongue and improves breastfeeding for baby as well. This will benefit speech development.

#### Procedures

1. The procedure can be performed without any anaesthesia, under local anaesthesia or general anaesthesia.
2. The tongue-tie is snipped by sterile scissors.
3. Laser or electrocautery may be used instead of scissors.



Source:  
<https://osourimbah.com/wp-content/uploads/2017/11/Untitled-51.png>

#### Possible Risks and Complications

1. Wound bleeding
2. Wound infection
3. Damage to the teeth, lips, gums or tongue

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising.

#### Pre-procedure Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed by the patient / parents / guardian prior to the procedure.
2. The patient / parents / guardian should inform the doctor and nurse about the patient's past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. No food or drink six hours before procedure. (For general anaesthesia only)
4. Please change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses. (For general anaesthesia only)

## **Post-procedure Instructions**

### **General**

1. Minimal discomfort will be experienced after the procedure. Prescribed pain medication may also be taken as needed.
2. Minor burns may be noticed on the tongue (small white areas) after laser or electrocautery procedure, but will heal quickly.

### **Advice on Discharge**

1. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, tenderness, secretion of pus, blood seepage, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
2. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification