

Guidance for parents in the event of bleeding post tongue tie release



Parent/Caregiver Information

Womens & Children's Health Service

Sometimes the wound under your baby's tongue may bleed after arriving home. This information explains what you can do if this happens.

If you notice any blood in your baby's mouth, try feeding them with either breast or bottle, whichever is your baby's usual feeding method. The compression caused by feeding should help stop the bleeding in a few minutes.

If your baby refuses to feed, gently press on the top of your baby's tongue with a pacifier or your clean finger. Press gently for a few minutes.

If the bleeding is heavy (you can see a lot of blood) or does not stop within 15 minutes after trying the above options, you will need to apply direct pressure to the wound under your baby's tongue with one finger using a clean piece of gauze or muslin for 5 minutes.

Do not apply pressure under your baby's chin as this can affect their breathing. If bleeding continues after this time, continue with pressure to the wound and take your baby to hospital or call an ambulance.

If at any time your baby is struggling to breathe or becomes pale and floppy, call 111 for ambulance assistance.

<http://www.tongue-tie.org.uk/tongue-tie-division-control-of-bleeding.html>