

# Tongue-Tie Division (children and adolescents)

MF13 Lite - Expires end of January 2025



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

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## What is a tongue-tie?

As a baby develops in the womb, the tongue separates from the floor of the mouth. A tongue-tie happens when the tongue does not separate enough.

Some tongue-ties can cause the following problems.

- Oral hygiene
- Speech
- Social issues

## What are the benefits of tongue-tie division?

Your child should be able to speak better and their oral hygiene should improve. It will give the tip of your child's tongue a normal range of movement.

## Are there any alternatives to tongue-tie division?

If your child is not having any problems, it may be best to leave the tongue-tie alone.

If your child is younger they will usually have tried speech therapy. If that does not work or your child is having other problems, a tongue-tie release is the only treatment available.

## What complications can happen?

- Discomfort
- Bleeding
- Infection
- Discolouration under the tongue
- A yellow, lumpy wound if the sutures fall out early

## How soon will my child recover?

Discomfort and swelling may continue for a few days. The sutures may take a few weeks to dissolve.

Your child may need speech therapy to retrain how to use their tongue if they had speech problems before the surgery.

If your child is older, after a few days they should start trying to move their tongue around more than they could before the procedure. This will help their tongue to work normally.

## Summary

A tongue-tie joins the tongue to the floor of the mouth. Dividing the tongue-tie should allow your child to speak or move their tongue better and improve oral hygiene.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

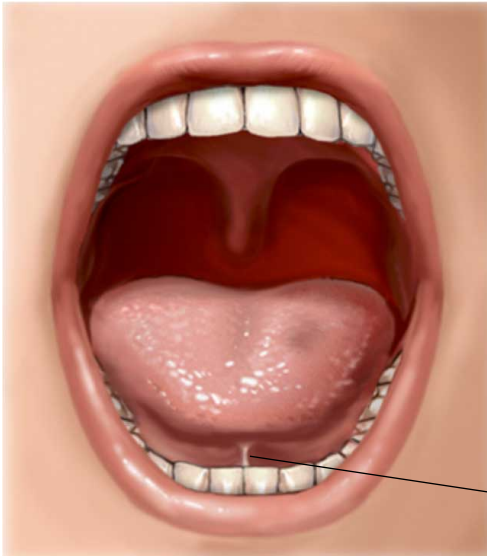
Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

## Acknowledgements

### Reviewer

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Tongue-tie

A tongue-tie