

# Frenotomy aftercare

## WHAT IS A FRENOTOMY?

- A frenotomy is when the frenulum is cut. The frenulum is a vertical band of tissue that typically lies under the tongue and under the upper lip.
- All children have a frenulum; however, some are shorter and tighter than others, which is why a frenotomy is sometimes recommended to assist with nursing and feeding.

## FRENOTOMY AFTERCARE INSTRUCTIONS:

- Your baby may be fussy after the procedure. If so, you can give Tylenol (acetaminophen) by mouth as needed.
- Nursing or bottle feeding may be done immediately after the frenotomy. It will help soothe your child.
- Minimal bleeding may occur. If so, hold a small piece of gauze on the area for about 1 minute to help stop the bleeding.

## REASONS TO CALL THE DOCTOR:

- Excessive bleeding that cannot be controlled by holding continuous gentle pressure for 5 minutes.
- Refusal to nurse or take a bottle.

## DO I NEED TO FOLLOW UP?

Follow-up is typically not necessary after a frenotomy; however, if you have any concerns or questions, our office staff will be happy to assist you.

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