

# Tongue tie repair

## Useful guidelines for your child's recovery at home

### Diet and fluids

- Whilst local anaesthetic is present in the area, your child may experience difficulty eating or drinking straight after surgery
- It is important to encourage your child to drink fluids
- After beginning with a light diet following the anaesthetic, your child's intake should return to normal by the next day

### Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

### Activity

Your child may resume their normal activities the day after surgery.

### Discomfort

Some children experience slight discomfort. This is normal and may be helped with paracetamol.

### Medications

- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)

## Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

## When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent bleeding, ooze, redness or swelling around the wound

## A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

## Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.