



General Information about Frenum Procedures for the Infant

What is a Frenotomy?

A frenotomy is a surgery used to correct a congenital condition in which the lingual (tongue) or labial (lip) frenulum is too tight, causing restrictions in movement that can cause significant difficulty with breastfeeding and in some instances other health concerns like dental, digestive, speech, or airway issues. When it affects the lingual frenulum, this condition is commonly called a tongue-tie. Approximately 3-5% of the population has this condition. If your lactation consultant or doctor feels that a procedure is warranted, here is what you can expect:

How to Prepare

The use of Tylenol 30-60 minutes before the appointment can be helpful in minimizing post-procedural discomfort.

Dosage: using the dropper in the manufacturer's packaging

5-6 pounds - 1mL

6-11 pounds - 1.25mL

12-17 pounds - 2.5mL

18-23 pounds - 3.75mL

24-35 pounds - 5mL

Avoid white or precious clothing/burp clothes/blankets for baby and breastfeeding parent.

Arrive 15 minutes prior to your appointment time to fill out any remaining paperwork.

Baby must eat after the procedure; please bring whatever your baby currently uses to eat (bottle, breast, nipple shield, milk, formula, etc.). Baby should not be starving at appointment time.

Because we try to evaluate and treat in the same 60 minute visit, it's important to make the best use of your visit time by reading and filling out all of the required forms **before** arriving at the office.

What to Expect During the Procedure

In general, the procedure is very well tolerated by babies. We take every measure to ensure that pain is minimized.

1. Infants less than 6 months of age will be given an oral dose of 24% sucrose solution to offer analgesia (research has shown significant decreases in crying, grimacing, heart rate and pain relief following the administration of sucrose prior to painful/stressful procedures).
2. For children 12 months of age or older, topical numbing gel is applied. In some instances, an injected local anesthetic may be applied for additional anesthesia.
3. Due to laser safety regulations, parents are not allowed in the treatment room during the procedure. I will carry your baby to and from the room, and the approximate time away from you is about 5 minutes. The actual laser contact time is roughly 10 seconds. This may vary depending on the tissue thickness.
4. Crying and fussiness are quite common post-procedure.