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PREPARING FOR FRENOTOMY (TONGUE TIE PROCEDURE)

THE DAY OF THE FRENOTOMY

Although frenotomy is a minor, quick procedure, it may be stressful for you. Being prepared keeps nerves calm and allows for a smoother experience.

- ~ If you are a single parent or your partner cannot attend, invite a family member or friend. Another adult is helpful for questions & answers during the consultation, a set of ears to remember instructions, and emotional support for you. Have someone in the backseat with the infant for the ride home, especially if you are traveling far to the office.
- ~ Plan a restful “staycation” for at least two days after the procedure: Take off from work, don’t schedule social visits, shop ahead of time.
- ~ Have simple, nutritious meals planned and/or ready. This is a great time to get friends/family to help out.
- ~ If possible, arrange for childcare for other children or at least someone to help you care for them.
- ~ Decide on pain relief method, shop ahead of time & bring it with you.
- ~ Have an alternate feeding method ready, just in case. Discuss with your IBCLC who knows what’s best in your particular situation. For example, cup, spoon, syringe or bottle feeding. If you are supplementing, bring what you usually supplement with. If you are not currently supplementing, bring some expressed breastmilk with you.
- ~ If you are currently using a nipple shield, bring it with you.
- ~ If you are traveling a distance, bring your breast pump.
- ~ Consider using the handout titled, “Selecting a Provider for Frenotomy,” to formulate a list of questions to ask the provider.

Checklist of what to bring with you to the appointment:

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| <input type="checkbox"/> Partner or friend | <input type="checkbox"/> Alternate feeding method/expressed breastmilk |
| <input type="checkbox"/> List of questions for provider | <input type="checkbox"/> Water bottle & snacks for you |
| <input type="checkbox"/> Pain relief method | |
| <input type="checkbox"/> Breast pump if traveling a long distance | |
| <input type="checkbox"/> Nipple shield if you use one | |