

Tongue Tie referral information

**For parents after a
tongue tie referral has
been made**

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Tongue Tie referral

This information leaflet is for parents whose infant has been referred to the Tongue Tie assessment and division service at Royal United Hospitals NHS Foundation Trust maternity.

This leaflet explains what a tongue tie is, what to expect next, and how you can continue to support your breastfeeding over the next few days.

The professional that referred you to our service will have explained why s/he has referred you. It is likely that you or your baby are experiencing some feeding difficulties which s/he thinks may be linked to a restriction in your baby's tongue movement.

It is not uncommon for a new baby to have some early difficulties with breastfeeding. Your midwife to help you learn the skills of positioning and attachment, which is all about how you hold your baby and help your baby to latch onto the breast deeply. Only a very small percentage of babies that have a restriction in their tongue movement.

What is a Tongue Tie?

A tongue-tie occurs when tongue movement is restricted by the presence of a short, tight lingual frenulum. Visually it is the vertical 'stringy bit' you can see at the base of the tongue when it is lifted and is normal anatomy.



What happens after referral?

We will call you on the phone. This call will be within 5 working days after the referral is made – usually sooner than this so keep an eye on your phone.

We will talk to you about what's been happening and together work out what's best for you. We will make sure you have had some extra skilled support with the learning side of things before we continue with the assessment phase. This might be on the phone, a video call or face to face. This is to make sure you get the right support at the right time and that we do not recommend an operation for your baby that is not needed.

If, after extra help, the problems you are experiencing are not getting better, and we think it might be due to a restriction in your baby's mouth we will book you into a clinic for assessment. At this stage you will receive a further information leaflet Tongue Tie information for parents (2).

In the meantime, while your baby is learning to breastfeed there are two important things we encourage you to do:

Stay calm and enjoy your new baby; skin contact for long period of time will help you and your baby stay calm and provide the best environment for your baby to learn. Don't force your baby to your breast, this will not help them learn.

Give 'make milk' signals to your body; in order for your body to establish and then continue providing plenty of milk for your baby you will need to feed your baby frequently (10- 12 times in 24 hours is the usual number) or, if you are not able to do this, some feeding at the breast and some expressing or just expressing - a similar number of times .

Further information, resources and support.

Your midwife and midwifery support worker will support you with this but the Specialist Infant Feeding and Nurture team are available if you need extra help. You can contact us on:

ruh-tr.infantfeeding@nhs.net

Information is also available here:

[Tongue-tie - NHS](#)

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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