

新生嬰兒舌繫帶鬆解術資訊

什麼是結舌？

結舌(俗稱鰐脰根)是由舌繫帶(又稱鰐根，即舌頭下面一片薄膜)短縮，舌尖受其牽絆，以致舌頭轉動伸縮不靈，影響母乳餵哺。症狀包括乳頭疼痛和嬰兒體重不增。

結舌如何影響嬰兒？

並不是所有的結舌都有哺乳問題，輕微的結舌對母乳餵哺是沒有影響的。結舌嬰兒如有母乳餵哺困難，母乳育嬰顧問可以作出評估並教授母親餵哺技巧。如果哺乳問題沒有改善，可以考慮做舌繫帶鬆解術。

什麼是舌繫帶鬆解術？

舌繫帶鬆解術(俗稱剪鰐根)是一個簡單的外科程序，它從開始到結束只需要幾分鐘，嬰兒可在程序後同一天出院。這是一個相對安全和簡單的程序，亦有助於母乳餵哺。

舌繫帶鬆解術是如何進行？

新生兒舌繫帶鬆解術是不需要全身麻醉的。程序進行時，嬰兒會被裹在毛巾內，醫生用無菌剪刀將結舌剪開。完成後，可以立即餵哺嬰兒，這亦有助於傷口止血。

嬰兒會感到疼痛嗎？

正常情況下嬰兒是會感到一點疼痛的。嬰兒於程序前會被給予口服蔗糖，以減少疼痛。有些嬰兒在過程中不會感到不適，甚至程序可以在睡夢中完成。

嬰兒的嘴在程序後會流血嗎？

通常出血情況極少，如果發生出血情況，將一塊紗布按壓在傷口上可幫助止血。

傷口會否有感染的風險？

感染的風險是非常低的，因為程序是在無菌的環境下進行。

手術後傷口的樣子是怎樣的？

起初它看來沒有什麼異常，在隨後的幾天，可能會注意到舌下有白色潰瘍，這是無痛的，亦不會影響嬰兒吸吮，潰瘍會在兩個星期內自動痊癒。因口腔傷口癒合能力佳，並不需要特別護理。如果在手術後有任何問題，例如傷口出血，拒絕進食或發燒等情況，請帶嬰兒到醫院急症室求診，或致電瑪麗醫院母乳熱線求助(傳呼機: 7306 9687，上午八時至下午八時)。

嬰兒餵哺會否即時改善？

餵哺的改善情況視乎嬰兒重新學習吸吮的能力，大部分嬰兒需要時間適應，但經過練習後，餵哺的情況是會慢慢改善的。


以上資料由瑪麗醫院婦產科 / 兒童及青少年科提供。



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INFORMATION ON DIVISION OF TONGUE-TIE OF NEWBORN

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INFORMATION ON DIVISION OF TONGUE-TIE OF NEWBORN

What is a tongue-tie ?

The piece of tissue joining the underneath of the tongue to the floor of the mouth is called a frenulum. When this is too short, it is called a tongue-tie or ankyloglossia. It varies in degree, from a mild form in which the tongue is bound only by a thin mucous membrane to a severe form in which the tongue is completely fused to the floor of the mouth. Breastfeeding difficulties may arise as a result of the inability to move the tongue in a normal way and therefore attach and suck effectively, causing sore nipples and poor infant weight gain.

How does tongue-tie affect babies ?

Some babies with slight tongue-ties can breastfeed without problem. Other babies have difficulty in breastfeeding, this may be because the baby has difficulty moving the tongue smoothly and freely. Lactation Consultant can show mothers a specialized technique that may assist the baby to attach to the

breast more effectively before the division of tongue-tie.

What is division of tongue-tie ?

This procedure is called frenotomy and is considered a minor surgical procedure. It takes a few minutes from start to finish. Baby can be discharged on the same day. It is a relatively safe and simple procedure. It may help baby's suckle and improve the breastfeeding.

How are tongue-ties divided ?

Dividing tongue-tie in a newborn does not require a general anaesthetic. The baby is wrapped in a towel and the tongue-tie is divided by a trained health professional using sterile scissors. The baby then can have breastfeeding straight away, this will help to stop bleeding.

Does it hurt ?

Logically, dividing a tongue tie ought to hurt. However, babies often cry because they don't like being held still and

because someone is holding their mouth open, even before the tongue-tie is divided. Babies are given oral sucrose before the division to minimize pain. For some babies division does not hurt very much and they remain asleep during the procedure.

Will the baby's mouth bleed ?

Usually there is minimal bleeding; rarely a baby's mouth will bleed for some minutes, if this happens pressing a piece of sterile gauze against the cut will help to stop the bleeding.

Is there a risk of infection ?

Risk of wound infection is very low. This is a sterile procedure, sterile scissors, gloves and swabs are used.

What will the baby's mouth look like afterwards ?

At first it will not look unusual in any way. On the following days, you may notice a white patch under the tongue. This is painless and it does not stop

them feeding, it will heal within two weeks. There is no need for any form of wound management as the inside of the mouth heals quickly. If there is any problem after the procedure e.g. wound bleeding, poor feeding or fever, etc., please bring your baby to the hospital AED for assessment, or call our breastfeeding hotline for consultation (Pager : 7306 9687, 8am – 8pm).

Does breastfeeding improve immediately ?

Improvement of breastfeeding depends on the baby's ability of coordinating tongue movement, and the time required varies. Most babies need some time to adapt and breastfeeding will usually improve gradually.