

Oral Restrictions (AKA: Tongue Tie, Lip Tie, Buccal Tie, Etc.)

Definition:

- *Ankyloglossia/Tongue Tie:* A congenital formation of the lingual frenulum that restricts range of motion of the tongue contributing to functional deficits
- *Lip tie:* A congenital formation of the labial frenulum that restricts range of motion of the lips contributing to functional deficits.
- *Buccal/Cheek Tie(s):* A congenital formation of the buccal frenulum/frenula that restricts range of motion of the cheek(s) contributing to functional deficits

Indications:

A tongue/lip that remains abnormally attached may be responsible for any of the following symptoms in an infant:

- Poor latch quality/difficulty maintaining latch
- Colic, reflux symptoms, excessive gassiness, spitting up, or hiccups
- Difficulty with milk transfer/poor weight gain/failure to thrive
- Frustration at the breast
- Falling asleep at the breast and short sleep episodes
- Frequent/extended nursing cycles
- Clicking, gumming/chewing of the nipples
- Choking, gulping, gasping at the breast
- Leaking milk from the corners of mouth/improper seal
- Inability to flange upper or lower lips
- White coating on tongue

Symptoms experienced by the mother may include:

- Severe pain when breastfeeding
- Breast trauma/bleeding, creasing, blanching, cracking, bruising, blistering
- Mastitis, plugged ducts, incomplete breast drainage

Evaluation/Diagnosis:

1. Oral function evaluation by Lactation Consultant (IBCLC) as it pertains to breastfeeding
2. Formal oral function evaluation by Speech-Language Pathologist (SLP)
3. Diagnosis by recommended release provider

Treatment Options:

1. "Wait & See"
2. Suck training and exercises as recommended by Speech-Language Pathologist (SLP)
3. Body Work/Craniosacral Therapy
4. Surgical release of restricted tissue

Surgical Release Methods:

1. Scissors
2. Diode
3. CO2 Laser
4. Water Laser

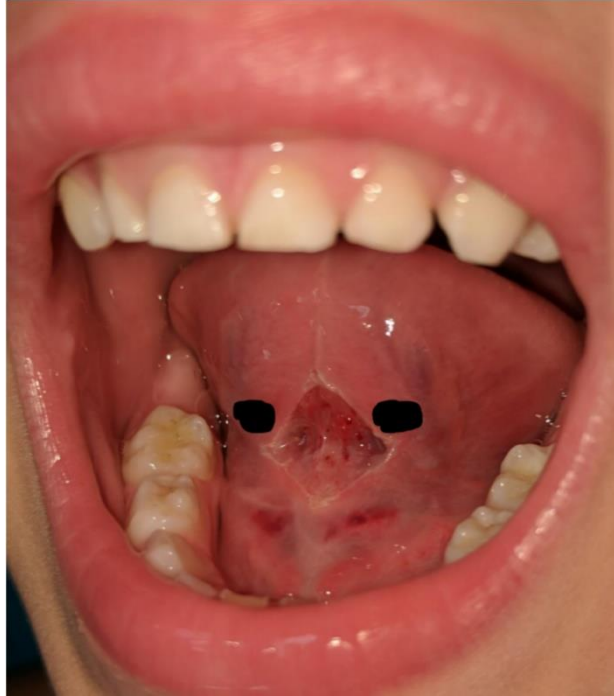
Recommended Providers**:

- I. Speech-Language Pathologists
 - a. **Lauren Hughes, SLP**, Expressions Pediatric Therapy
2490 Pelham Parkway, Pelham, Alabama **205-378-9447**
- II. Release Providers
 - a. **Delia Wessels, MD, FAAP**, Allied Pediatrics
7405 Shallowford Rd Ste 270, Chattanooga, TN, 37421 **423-602-9545**
 - b. **Dr. D. Kennon Curtis Jr. D.M.D.**, Pediatric Dentistry of Madison
7771 Hwy. 72 West Unit B, Madison, Alabama, 35758 **256-325-6595**
 - c. **Richard Baxter DMD, MS**, Shelby Pediatric Dentistry
2490 Pelham Pkwy, Pelham, AL, 35124 **205- 419-7444**
- III. Body Workers (Cranio-sacral Therapy)
 - a. **Dr. Patty Long DC**, The Wellness Way – Meridianville
12036 Hwy US 431 North, Suite A, Meridianville, AL **256-828-2236**
 - b. Embody Birmingham: Manual + Movement Therapy Group
3918 Montclair Rd, Ste 100, Birmingham, AL **205-637-0299**
- IV. Lactation Consultants
 - a. **Sarah P. Willis, RN, IBCLC**, Tennessee Valley Family Care, Trained in TOTS
sarah@tnvalleylactationsupport.com **931-309-8118**

Wound Management:

1. Hold infant in inverted position with clean hands (no long nails) or gloves
2. Lift the lip to cover nostrils and hold 5 seconds
3. Two fingers under tongue, like a fork lift and lift and hold 5 seconds

4. Cheeks: lift up and outward away from midline and hold 5 seconds (think fishhook)
(Finger Placement: Lateral upper edges of the diamond. NOT in the wound bed!)



Multimedia Resources:

- I. Books
 - a. Tongue-Tied: How a Tiny String Under the Tongue Impacts Nursing, Speech, Feeding, and More by Richard Baxter DMD MS
 - b. Six-Foot Tiger, Three-Foot Cage: Take Charge of Your Health by Taking Charge of Your Mouth by Dr. Felix Liao DDS
- II. Journal Articles
 - a. "Breastfeeding Improvement Following Tongue-Tie and Lip-Tie Release: A Prospective Cohort Study," Bobak A. Ghaheri, MD
 - b. "Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants' Biomechanical Sucking Difficulties." Herzhaft-Le Roy J, et al. J Hum Lact. 2017.
- III. Podcasts
 - a. <http://www.newmommymedia.com/episode/tongue-ties-lip-ties-symptoms-treatments-aftercare/transcript/>
 - b. [All About Breastfeeding: Dr. Richard Baxter](#)
 - c. [Dr. Richard Baxter and tongue ties – Learn all about tongue, lip, and buccal ties](#)
- IV. Websites
 - a. <https://shelbypediatricdentistry.com/tongue-ties-lip-ties/>
 - b. <https://www.drghaheri.com/>
 - c. <https://www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation/tongue-tie>