



# Lip & Tongue Ties

## What Are They?

The band of tissue behind your upper lip and under your tongue is called a frenum. When these membranes are unusually short, thick or tight, the bands of tissue tether the tongue to the floor of the mouth restricting its movement and prevent your lip from moving freely. As a result, the tie may interfere with breast-feeding, chewing, speech, oral hygiene and activities such as licking an ice cream cone, licking the lips, kissing or playing a wind instrument.

## Why Is It Important to Treat?

Proper oral development and infant breastfeeding helps to expand the size of the palate, open the airway, oxygenate the blood, support brain growth and helps to prevent Obstructive Sleep Apnea. Tethered oral tissues can affect oral development in infants and children, which can lead to breathing and airway problems.

## Baby's Signs and Symptoms

- Weak latch, clicking sounds while nursing
- Swallowing air (aerophagia)
- Reflux or colic
- Fatigue during eating
- Projectile spitting up after eating, weight loss
- Gagging, popping off breast to gasp for air
- Lip blisters and callouses
- Gassiness
- Congestion
- Inability to hold a pacifier
- Milk dribbling from sides of mouth
- Heart-shaped tongue



## Child and Adolescent Signs and Symptoms

- Restricted tongue movement
- Speech interference
- Difficulty swallowing
- Improper chewing/digestive stomach issues
- Gum recession
- Inability to cleanse teeth with tongue
- Sleep and breathing problems
- Behavior and attention issues
- Nighttime waking
- Nighttime tooth grinding
- Spacing between front teeth



## Mother's Signs and Symptoms

- Cracked, blistered, bleeding nipples
- Plugged ducts
- Discomfort or pain while nursing
- Thrush/mastitis
- Compromised milk supply
- Long nursing sessions  
(or extremely short because baby gets tired)
- Postpartum depression

## What to Expect: Frenectomy

The frenum tissue is very thin and easily treated using a laser. The tissue is numbed, then released with a laser which is highly focused to both cut and seal the blood vessel simultaneously. There is minimal trauma to the tissue and sutures are not usually needed.

- Minimized Bleeding
- Less Swelling & Discomfort
- Reduced Risk of Infection
- Shortened Surgical Procedure Time
- Expedited Recovery
- Improved Results





# Frenectomy Homecare

## Post Operative Instructions

After the frenectomy procedure, mild discomfort, swelling or tightness may occur. This is normal and will subside within a few days. Please adhere to the following instructions to assist in your child's recovery.

- Use Advil or Tylenol for discomfort per package instructions
- Cold drinks and ice pops assist with discomfort and swelling
- Consume plenty of water and a soft diet such as soups, mashed potatoes, smoothies, yogurt, etc.
- Apply chilled coconut or vitamin E oil to surgical site to prevent reattachment and promote proper healing
- Avoid strenuous activity for the first 24-48 hours while discomfort and swelling subside
- Resume normal brushing and flossing after 24 hours
- Schedule 1 week post-op appointment

## Post Operative Exercises

After the procedure is completed, easy post operative exercises will need to be performed. The tongue is a muscle that has been restricted and needs myofunctional exercises 3-4 times a day to be retrained.

These exercises are designed to help:

- Prevent reattachment
- Expand full range of motion and increase strength
- Allow proper chewing, swallowing and digestion
- Develop clear speech sounds
- Establish a tongue position that doesn't interfere with the airway
- Enhance the tongue's ability to sweep and clean the teeth

**Infant**



Using your smartphone in 'camera-mode', hover over the barcode below to access instructional exercise videos.

**Age 6+**



[https://www.youtube.com/watch?v=\\_VRwAz2Mv\\_Y](https://www.youtube.com/watch?v=_VRwAz2Mv_Y)

Stretching exercises following a tongue-tie and lip-tie release

<https://www.youtube.com/watch?v=ouulOo5F0aQ>

Myofunctional Therapy Exercise with Dr. Audrey Yoon #3 : After Frenuloplasty / Frenectomy Surgery