

What is a tie?

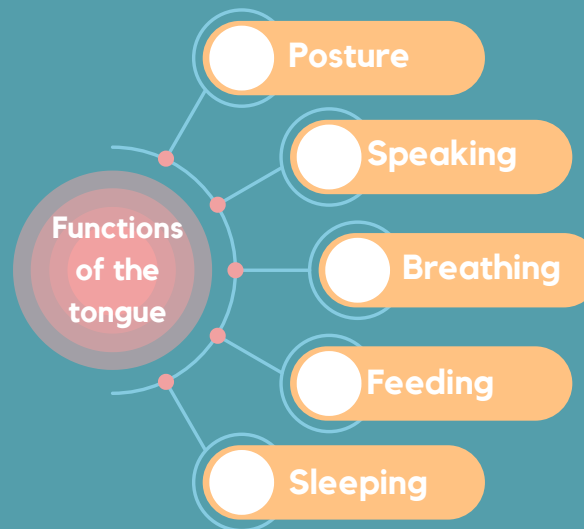
Lip-ties and tongue-ties are rather common conditions. As we develop in the womb, a tight string of tissue called a frenum or frenulum is supposed to recede. When these frenums fail to recede, or are too tight, thick, or short, they cause issues with lip and tongue mobility.

What is a tongue-tie (Ankyloglossia)?

A tongue-tie is a thin membrane under the baby's tongue that restricts the movement of the tongue. All babies, children, and adults have some of this tissue. However, in approximately 10-12% of the population, it is so tight, that it causes functional problems. In infants, this is most often one of the causes for their inability to latch and breastfeed properly. Studies show that this defect is hereditary. Tongue-ties also cause problems with speech, eating, and sleeping for children and adults. The tongue plays an important role in the formation of the dental arch and palate. When the tongue is tied, it is not allowed to rest in the proper position at the roof of the palate. This can cause long-term issues with breathing and airway as well.

What is a lip-tie?

The lip-tie, is a tight "string" of tissue attaching the upper lip to the upper gums (labial frenum). This can cause infants to have difficulty flanging their lips properly to feed, keeping them from getting a proper seal on the mother's breast. When there is not a good latch, the baby can swallow air during breastfeeding (aerophagia) and this can cause excessive gassiness and fussiness, which is sometimes mistaken for acid reflux. The lip-tie can often cause dental decay between the two front teeth.




The movements and coordination of the tongue and lips are important for the mouth to function correctly. Some patients learn to compensate and function perfectly well. Others need laser surgery and muscle training to strengthen and retrain their mouths and oral functions.

Team Approach


We work closely with physicians, sleep doctors, myofacial therapists, lactation consultants, body workers, chiropractors, dentists, and speech therapists to achieve the best possible outcome for our patients.

For more information or to schedule a consultation, contact us!

Dr. My Pham Matthews
Board- Certified Pediatric Dentist

 (469)-649-1130

 blossompediatricdentistry@gmail.com

 1640 W Frontier Pkwy Suite 150,
Prosper, TX 75078



Tongue-Ties & Lip-Ties

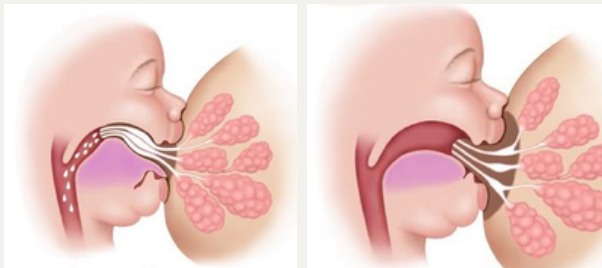
Informational guide for parents



Infants with Feeding Difficulties

A baby with a tight tongue and/or lip-tie can have trouble latching and suckling. The infant

begins to lose weight, and the mother is typically frustrated and in pain. The mobility of the tongue and lips are very important during breastfeeding. A baby with a tied tongue may not be able to latch deeply onto the mother's breast. This causes the nipple to compress onto the baby's hard palate, causing discomfort. This tongue tie oftentimes accompanies a high narrow palate, which also decreases the suction and further reduces milk transfer.



Normal breastfeeding

Tongue-tie

Ties in Toddlers and Older Children

In toddlers and older children, we see speech, feeding, and sleep issues associated with ties. Some children are able to compensate and have no noticeable speech errors, but many struggle with their sounds. Tongue-tied children struggle with R, L, S, SH, TH and Z sounds

Treatment for Tongue-ties and Lip-ties

It is important to note that not all tongue-ties and lip-ties cause problems or require correction. Each case needs to be assessed on an individual basis.

Tongue-tie is a diagnosis based upon function, therefore we must view the tie in relation to the symptoms.

The treatment for tongue-ties and lip-ties are called revisions or frenectomies. The tight tissue under the tongue or above the upper lip will be safely and quickly removed using a CO2 laser. This will allow for greater movement of the muscles and coordination of the oral structures. There are many techniques to performing a frenectomy, but the advantages of revising ties with a CO2 laser include:

- Minimal discomfort • Faster healing
- Bactericidal properties
- Increased surgical precision
- Minimal bleeding



Signs and Symptoms of Tongue & Lip Ties

Mothers:

- Nipple damage (blister or cuts on the nipple)
- Flattened nipples after breastfeeding
- Incomplete breast milk drainage
- Decreased milk production
- Prolonged nursing sessions
- Mastitis (Plugged ducts)
- Painful nursing



Infants:

- Clicking, smacking, loud suckling noise while feeding
- Difficulty remaining on the breast while feeding
- Noisy breathing/snoring sounds when sleeping
- Leaking milk on the sides of the mouth
- Unable to hold pacifier in mouth
- Reflux or colic symptoms
- Poor weight gain • Shallow latch • Lip blisters
- Coughing • Gagging • Gassy

Children:

- Picky eaters (mostly in regards to the food texture)
- Difficulty with sounds such as R, L, S, TH, SH, Z
- Difficulty chewing and swallowing food and liquid
- Dental decay between the front two teeth
- High-vaulted and narrow palates
- Low muscle tone in tongue
- Packing food in cheeks
- Speech delay • Mouth breathing
- Spitting-up foods • Restless sleep
- Talking Softly • Choking
- Gagging • Snoring • Lisp