

Laser Surgery

- Recommended procedure
- Suitable for neonates, older children and adults of all ages.
- No general anaesthetic is used, but an analgesic gel might be applied.
- The procedure is very quick, taking only 2-3 minutes to perform.
- There is virtually no bleeding, no pain, no risk of infection, and the healing period can be as short as 2 hours.

Post-operative follow up

- Post surgical exercises at surgical site needed to prevent re-attachment
- Requires professional follow-up sessions AND stretches performed at home.
- Daily stretches performed every 4 hours the first 72 hours.
- Encourage additional play throughout the day: licking lollipops, licking lips, clicking tongue, trying to touch nose with tongue
- Chiropractic or bodywork to improve body alignment

Resources:

Dr. Angie Sage (Local):
Alamo Heights Pediatric Dentistry
210.702.3216
www.alamoheightspediatricdentistry.com

Dr. Manuel Castillo (Local):
Happy Pediatric Dentistry
210.510.2868
www.happypedident.com

Dr. Ghaeri's online blog:
www.rghaeri.com

Dr. Evie
Green Apple Pediatric Dentistry
512.917.4550

TLC Kids Therapy:
502 E Ramsey Rd, San Antonio, TX
78216
210.490.3900
contact@tlckidstherapy.com
www.tlckidstherapy.com

Follow us on social media!

www.facebook.com/tlckidstherapy
[@tlckidstherapy](https://www.instagram.com/tlckidstherapy)

Tongue & Lip Ties

Post-Frenectomy



INFORMATION ON WHAT THEY
ARE AND HOW WE CAN HELP

What is a Tounge Tie?

A tounge-tie is a restriction in the lingual frenulum (the band of tissue connecting the tounge to the floor of the mouth.)

What is a lip tie?

Similar to a tounge-tie, a lip tie is a restriction in the labial frenulum, or the tissue that connects the upper lip to the upper gum line.

Causes

A restriction can be caused by short tissues, or tissues attached too close to the tip of the tounge (tounge-tie) or too close to the gum line (lip tie).

Ties are genetically linked, and tend to run in families.

Everyone has a frenulum beneath their lip and tounge tie, however, tightness in these tissues can cause a variety of problems.

Signs/Symptoms in Infants:

- Difficulty sustaining latch or has no latch while breastfeeding.
- Infant arches abck when lying on back.
- Constant crying
- Extended feeding time
- Continued hunger, despite long feeding time
- Infant falls asleep while feeding
- Poor weight gain/failure to thrive
- Unable to hold pacifier in mouth
- Noise nurser (clicking noises, swallowing air)
- Experience reflux, colic or excessive gas
- Torticollus (head tilt to one side or preference to one side.)
- Pain during breastfeeding, servere pain latching
- Nipple damage, blanching, bleeding
- Premature weaning/termination of breastfeeding
- Poor bonding between baby and mother

Signs/Symptoms in Toddlers & Older

- Resistance in brushing teeth
- Dental decay
- Gagging, choking, vomiting while eating
- Difficulty chewing particular foods
- Reduced ability to stick tounge out or move it side-to-side or up and down
- Inability to stick tounge out past upper gums
- Heart-shaped tounge when sticking tounge out
- Gap between upper front teeth (lip tie), lower front teeth turned inward (tounge tie)

Long-Term Complications

- Reflux/GI Issues
- Picky eating/ lack of nutritional intake
- Speech delays/difficulty being understood
- Continued dental decay
- Neck and back pain
- Migraines
- TMJ pain/ teeth grinding