



G.R.  W.

We understand that as parents and caregivers, you always want the best for your child's health and well-being.

One condition that may affect some infants is called "tongue tie," medically known as Ankyloglossia.

This pamphlet aims to provide you with essential information about tongue ties, its impact on your child's health, and available treatment options.



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Tongue-Tie In Babies

A Guide For Caregivers



What is a Tongue-Tie?

Tongue tie is a congenital condition in which the thin piece of skin (frenulum) that connects the underside of the tongue to the floor of the mouth too short or too tight to be able to feed efficiently and effectively at the breast. This can restrict the movement of the tongue and may impact various functions such as breastfeeding, or in extreme situations may affect eating, speaking, and oral hygiene.

Symptoms of Tongue-Tie

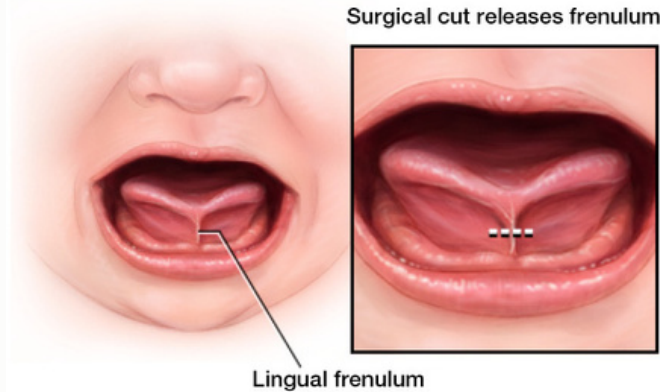
- Difficulty latching during breastfeeding
- Poor weight gain in infants
- Trouble sticking out the tongue beyond the lips
- Difficulty moving the tongue side to side
- Speech delays in older children
- Dental issues like gaps or misalignment of teeth

Why do tongue-ties need treatment?

Addressing tongue tie early on can have a positive impact on your child's oral and overall health. It can enhance breastfeeding success, promote speech development, and prevent dental issues.

Treatment

Most symptomatic tongue ties can be treated here in the G.R.O.W. Clinic with Frenotomy. This is a simple and safe procedure where a medical professional uses small scissors to release the tight frenulum. The baby is encouraged to breastfeed right away, which also helps to prevent any bleeding. The appointment for this treatment typically takes less than 20 minutes!



Will the procedure hurt my baby?

Frenotomy is typically a quick and simple procedure, and it is generally well-tolerated by infants. However, it is normal for babies to experience some discomfort or fussiness after the procedure. There is often no noticeable bleeding after the procedure and we encourage breastfeeding in clinic.

Recovery

Most children recover almost immediately after a tongue tie release procedure. Often, there are immediate improvements in feeding for mom and baby.

Is there a cost for the procedure?

No - the procedure is OHIP-covered. There are some dental offices and private clinics that complete the procedure with laser which can cost over \$500 and there is no evidence that this provides any additional benefit.

When is the best time to fix my baby's tongue tie?

It is best to fix tongue ties as soon as they are noticed so your baby can eat and grow in the most healthy way possible!

Other Resources:

Institute for the Advancement of Breastfeeding & Lactation Education (IABLE):
<https://lacted.org/?s=tongue+tie>

International Breastfeeding Center:
<https://ibconline.ca/information-sheets/tongue-tie-lip-tie-and-releases/>

TongueTie.net