

Common breastfeeding difficulties when a baby has a tongue-tie

You may experience:

- Nipple pain.
- Cracked and sore nipples.
- A mis-shapen nipple after breastfeeding.
- A stripe mark on your nipple after breastfeeding.
- Low milk supply.

Your baby may:

- Have difficulty attaching to the breast.
- Seem fussy at the breast.
- Often come off and on the breast during a feed.
- Suck in air when feeding.
- Make a clicking sound when feeding.
- Have little or no weight gain.
- Quickly become tired while feeding.



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TONGUE TIE,
FEEDING &
YOUR BABY



Tongue-tie, medically known as ankyloglossia (comes from the Greek words "ankylos" meaning stiffening and "glossa" for tongue, literally, "stiff tongue"), is fairly common, occurring in 4% to 10% of the population. The inheritance pattern is not known, although it may be related to the MTHFR gene. Tongue-tie is usually not associated with any other syndromes. Many times, it may not be diagnosed until the patient reaches childhood. If parents do not notice any problems with sucking, latching, or feeding, it may be recognized as the child learns to speak. Speech problems, especially articulation of the lingual sounds, such as l, r, t, d, n, th, sh, and z may be noticeable in older children with tongue-tie.

A tongue-tie may also be diagnosed visually, when the child fully sticks out their tongue. Instead of a smooth round edge, a "V shape" is seen on the front edge of the tongue. If there are problems with sucking, latching, or feeding, ankyloglossia can be diagnosed in the newborn. In the newborn, tongue-tie is correctable with a simple procedure involving the band connecting the tongue to the floor of mouth. This band, connecting the tongue to the floor of mouth, is called a frenulum (from the Latin word "frenulum" meaning any tissue that secures or restricts the motion of a mobile organ in the body), and the procedure is called "frenotomy," "frenectomy," or "frenuloplasty." Occasionally, the upper lip also has a band connecting the upper lip to the gum. This can prevent full upper lip motion, and this band can be corrected at the same time. No serious adverse events have been reported with the procedure as long as it is done correctly.



Tongue tie

Results of studies show that frenuloplasty is effective at improving sucking, latching, continuation of breast/bottle feeding, and improving nipple pain in the mother.



Lip tie