

# What is a Tongue-Tie?

A tongue-tie or ankyloglossia is when the lingual frenulum is too tight. This tissue connects to a chain of fascia called the deep front line that extends all the way to your big toe!

This tissue was supposed to be naturally removed by our body before birth. It is composed of type III collagen (cannot be stretched) and must therefore be surgically released. A release with a scissor or a laser will heal by the same process; therefore, a surgeon should decide what method they are most comfortable with.

## Why hasn't my physician/dentist said anything about the tie?

Unfortunately, both dentists and physicians are not specifically trained in tongue and lip restriction recognition. Without knowing the proper technique to evaluate a restriction, many are missed or left undiagnosed. Historically tongue restrictions were diagnosed by midwives and treated in order for infants to survive. After the insurgence of formula and the transition of birthing to a more medical model, tongue restrictions have not been treated as often.

## Common tongue tie symptoms?

- Clicking noise while eating
- Difficulty latching/problems feeding
- Gagging
- Gassy/Colic
- Mother's discomfort during breastfeeding

## Tongue – Tie:

Obvious

&

Not So Obvious

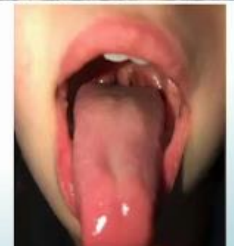


Photo from Dr. Soroush Zaghi, MD

**This is a tongue tie:**

**This is also a tongue tie:**

**But you have to do this:**

**to get to this:**

provider is knee to knee with parent

**How was your baby checked?**

Photo from Dr. Chelsea Erickson, DDS

## **Can you 'grow out of it'?**

Since a tongue tie is caused by tissue that is too tight and cannot stretch. Your body adapts to that tension and compensates for it. These compensations can present in many forms:

-Tongue function is important. One compensation tongue may sit low in your mouth and not properly expand your upper and lower jaws; therefore, nasal airway (the ceiling of your mouth is the floor of your nose) and your oral airway (a low tongue sits farther back in your throat) more narrow. These lead to a higher occurrence of airway resistance and sometimes even sleep apnea.

-Another area these compensations can present is with chronic neck, shoulder, back, and/or hip tension/pain.

*Please see the resources page on our website for more articles related to tongue tie.  
[www.bonddental.net/resources](http://www.bonddental.net/resources)*