

# Treating a tongue tie is easy when you have the right help.

**FM TOTs Professionals are here for you!**



**There are multiple paths and providers dedicated to finding a resolution. Any of the providers listed can help you get started on your journey and will work together to make sure you get the best care and results possible.**

## **Therapy:**

- **A therapist can assess the issue and provide proper care before and after a revision to assure optimal function.**
  - **Lactation Consultant**
  - **Orofacial Myologist**
  - **Speech and Language Pathologist**
  - **Occupational Therapist**

## **Body Work:**

- **The tongue is thought of as the rudder of the spine. When there is restriction, it is going to have a continual effect until the restriction is no longer there. The body (nervous system) will continually try to adapt until you remove the stressor.**
  - **Craniosacral Therapy**
  - **Chiropractic**

## **Release:**

- **A surgical release can be completed by a trained professional after proper evaluation and appropriate therapy.**
  - **Dentists**
  - **ENT**

# What's the fuss about TOTS? *Tongue Tied?*

**Tethered Oral Tissues (TOTs), can consist of either a tongue tie where the thin piece of skin under a baby's tongue restricts movement of the tongue, and/or where the upper lip is restricted due to being anchored to the gum. This thin membrane of tissue should undergo cell death during embryonic development, but in some cases will fail to do so, thus, creating a "tetheredlike" cord of tissue. TOTs is a condition that often runs in families and is said to have a genetic component.**

## Common Symptoms Related to TOTS

### Infant

- Several unsuccessful attempts at nursing
- Colic, gassy, reflux
- Failure to gain weight/thrive
- Unsustained latch, calloused or blistered lips
- Sinus congestion, snoring

### Mother

- Painful latch; cut or cracked areas
- Bleeding Nipples
- Flattened, blanched or creased nipples
- Failure to bond with infant leading to depression
- Plugged ducts, engorgement, mastitis or thrush

## FM TOTs professions can help!

