BABY BONDS:
TONGUE TIE REVISION INFORMATION
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MEDICAL DISCLAIMER:

This guide provides an understanding of Tongue Tie and information on Tongue Tie Revisions. Baby Bonds www.babybonds.us is offered strictly as an educational resource. By using the website, or any webpages or services related thereto, including but not limited to the Skype services or Breastfeeding guide the user agrees that the Website and Services do not constitute medical advice and are not to be construed as giving or receiving medical advice, nor to set up a client/lactation consultant relationship. The Website and Services are not a substitute for appropriate medical care. Please consult with your medical/healthcare provider for medical advice and for specific questions relating to your medical situation. Skype visits and home visits are available but will require a signature on a consent form before private services can be offered.
Cracked, blistered, bleeding nipples
Plugged ducts
Discomfort while nursing
Thrush
Mastitis
Compromised milk supply
Lipstick shaped nipple after feeding
Sleep deprivation because baby isn’t able to nurse efficiently

WHEN BABY HAS A TONGUE TIE
## Tongue Tie Symptoms

<table>
<thead>
<tr>
<th>Heart Icon</th>
<th>Description</th>
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<tbody>
<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Reflux</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Colic</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Difficulty latching</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Gassy</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Poor weight gain</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Lip blisters</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Bubble or cathedral palate</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Tongue may be heart shaped</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Makes clicking noise while sucking</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Excessive drooling</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Choking on milk</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Popping off breast to gasp for air</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Frustration at the breast</td>
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<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Prefers bottle feeding</td>
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<tr>
<td><img src="https://via.placeholder.com/15" alt="Heart" /></td>
<td>Hypertonic – tight muscles</td>
</tr>
</tbody>
</table>
WHAT TO DO WHEN BABY HAS TONGUE TIE

- Make sure baby is getting enough
- Protect mother’s supply
- Find an IBCLC with TT training
- Research [www.drghaheri.com](http://www.drghaheri.com)
- Find a provider with good reviews
- Learn about the aftercare
- Have pain relief purchased before revision
- Chiropractic and craniosacral therapy is recommended for best results of Tongue Tie release

[Find a Tongue Tie Revision Provider](#)
AFTERCARE PAIN RELIEF

- Tylenol
- Rescue Remedy for kids
- Arnica 30C
- Ibuprofen for 6 months and older
- Coconut oil after stretches

Most babies tolerate the procedure and aftercare exercises well. A few seem to have more pain and do much better with Tylenol.
AVOID REATTACHMENT

- Clip Nails
- Wash Hands
- Use latex free powder free gloves
- Take a picture with light first day
- Check daily to make sure wound is staying open
- Use gentle but firm pressure to lift tongue to stretch and then rub in wound to avoid reattachment
- Use coconut oil AFTER exercises

MAKE SURE AND HAVE FOLLOW UP APPOINTMENT WITH A LACTATION CONSULTANT 3-5 DAYS POST REVISION
6 times a day

1st day once - skip night

3 weeks day and night every 4 hours

week 4 do one less every day
Trace gum line top and bottom

Tug of war with tongue

Sucking with gentle pull forward with knuckle

Massage cheeks one finger in mouth

Use gentle but firm pressure to lift tongue to stretch and then rub in wound to avoid reattachment

Having some fun exercises help to decrease chance of oral aversion

Use singing and happy voice to distract baby
These exercises and stretches can help relax muscles, calm baby, and improve breastfeeding.

Video of Rhythmic Movements and Stretches
PRIORITIES WHEN BREASTFEEDING

1. Feed Baby
2. Protect Supply
3. Get Baby to Breast if possible
Skin on skin as much as possible

Babymoon – mom and baby in bed for 2 days

Massage during feeds to increase transfer

Biological breastfeeding for better latch

Try to relax – babies can sense stress

Nose to nipple and tummy to tummy