

Common symptoms seen with breast and/or bottle feeding

Baby's symptoms:

- Unable to latch properly
- Slides off nipple
- Falls asleep quickly before finishing feed
- Gumming/chewing the nipple
- Clicking sounds while nursing
- Milk leaking from mouth while feeding
- Swallowing problems
- Short sleep episodes
- Unable to hold a pacifier in the mouth
- Unable to drink from a bottle
- Colic symptoms
- Reflux/vomiting/spitting up
- Gas
- Gags or chokes often
- Open mouth breathing
- Congestion
- Jaw spasms
- Poor weight gain
- Starts/stops feeding
- Wiggles or pulls away during feeding
- Favors one side (left or right)
- Makes breathing sounds (snoring, snorting)

Mom's symptoms:

- Pain when latching
- Pain once latched and through feeding
- Creased/flattened nipples
- Lipstick shaped nipples
- Cracked/bleeding/blistered nipples
- Poor or incomplete breast drainage
- Plugged/clogged ducts
- Nipple or breast infections, thrush, mastitis

Common symptoms seen in children (and adults!)

Frustration with communication:

- Difficult to understand
- Difficulty speaking fast
- Difficulty getting words out (groping for words)
- Trouble with sounds
- Speech delay
- Stuttering
- Mumbling or speaking softly

Feeding:

- Frustration when eating
- Slow eater (doesn't finish meals)
- Grazes on food throughout the day
- Packing food in cheeks like a chipmunk
- Picky with textures
- Choking or gagging on food
- Spits out food

Sleep issues:

- Sleeps in strange positions
- Kicks and flails around at night
- Wakes easily or often
- Wets the bed
- Wakes up tired and not refreshed
- Grinds teeth while sleeping
- Sleeps with mouth open
- Snores while sleeping
- Gasps for air or stops breathing (sleep apnea)

Other related issues:

- Strong gag reflex
- Mouth open / mouth breathing during the day
- Tonsils or adenoids removed previously
- Ear tubes previously
- Reflux (medicated or not)
- Hyperactivity / Inattention
- Constipation

*this list by Dr. Baxter

Questions for a potential frenectomy provider

1. What education have you had specifically relating to oral tethers?
2. What recent conferences or classes have you attended?
3. Is it a posterior tongue tie?
4. Do you check for buccal ties?
5. What is your protocol for pre-frenectomy?
6. What is your protocol for post-frenectomy?
7. What do you recommend for pain management?
8. What additional resources and referrals will my child need for best results or if we continue to struggle post-frenectomy?
9. If using a laser, what type of laser do you use?

My answers on my blog at

smartmouthlv.com/post/questions-for-your-frenectomy-provider

Look for local resources

- American Laser Study Club
americanlaserstudyclub.org/membership/list/
- Chrysalis Orofacial
chrysalisorofacial.com/directory
- The Breathe Institute
thebreatheinstitute.com/ambassadors
- Tongue Tie Life website
tonguetielife.com/provider/
- Facebook Groups - most states have a Tongue and Lip Tie Support Group

Don't forget:

- ★ Trust your gut ★
- ★ Pursue quality of life ★
- ★ Common is not normal ★