

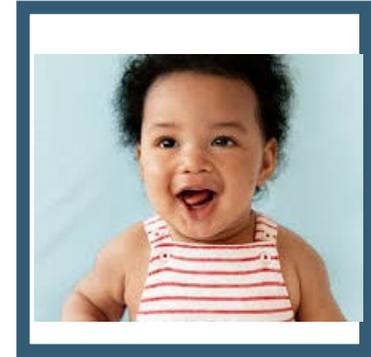
## ANY FURTHER QUESTIONS?

Please contact:

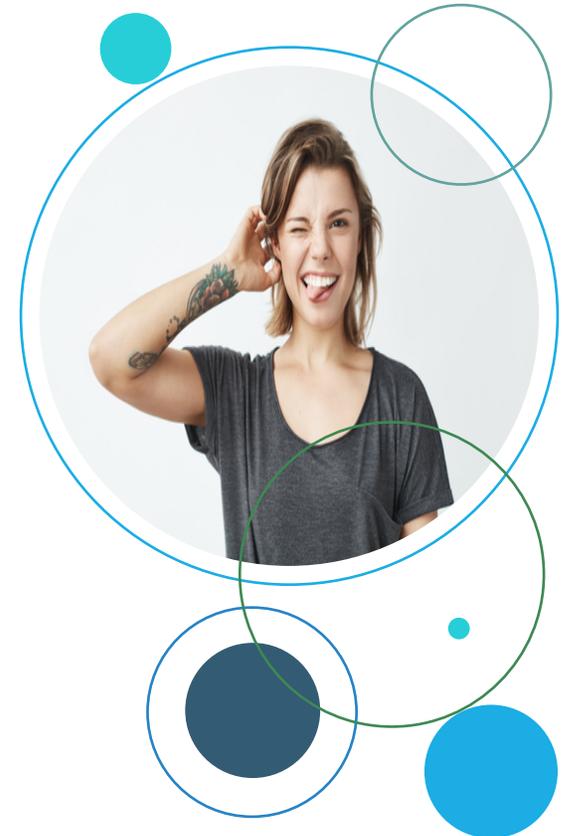
Phone: 403 -289-9195

Email: [Reception@briarhilldental.ca](mailto:Reception@briarhilldental.ca)

<https://briarhilldental.ca/>



## TONGUE TIE



## WHAT IS A TONGUE TIE?

It is condition where the tissue (lingual frenum) connecting under the tongue to the floor of the mouth is short.

## WHY DOES IT MATTER?

If the tissue is too short, this will restrict the movement of the tongue. In babies, this will affect their ability to breastfeed. As the baby ages this restriction can result in difficulty developing a proper swallow, proper oral rest posture of the tongue, possible speech impairments, and proper breathing. The tight pull of the tongue can lead to crowding of the teeth, recession of the gums, and vertical growth of the face. It can also prolong the process of orthodontic treatment and cause potential relapse if there is no form of retention after the completion of braces.

### Tongue Tie Test!



Normal

Moderate

Severe

Moderate and severe tongue ties can lead to future problems. Early intervention is the key!

## CAN YOU TELL WHICH ONE IS NOT A TONGUE TIE?



ACTUALLY, ALL 3 IMAGES ARE TONGUE TIES!

## WHAT CAN I DO?

You can come in to see a Dentist or myofunctional therapist for assessment. The assessment will determine the degree of your tongue tie and whether a frenectomy (tongue tie release) is recommended.

## WHAT IS THE PROCESS IF I NEED A FRENECTOMY?

The frenectomy can either be done through a laser or scalpel technique by a dentist. For best results of a successful frenectomy, it is recommended to have pre-frenectomy and post-frenectomy appointments. Typically, this involves 2-3 visits prior to the frenectomy and 3 visits after the frenectomy. It is important to provide the patient with exercises to train and strengthen the tongue prior to the frenectomy, as well as assess the changes of the range in motion of the tongue. We want the patient to be familiar with the exercises that are given, so when the frenectomy is complete, the patient will know the exercises off by heart. When the tongue is already trained in these exercises, it will help guide in re-stretching the tissue creating a longer string.