



# Tongue-Tie Basics

SCHEDULE A  
CONSULT



## What is a Tongue-Tie?

A tongue-tie is the common term for ankyloglossia, and refers to a condition present from birth where there is a band of tissue under the tongue that is restricting the tongue's ability to move properly. In severe cases, the tongue may be anchored to the floor all the way to the tip of the tongue.

## Why Do Tongue-Ties Matter?

A tongue-tie can interfere with a baby's ability to properly nurse as well as bottle feed. Check the symptoms' chart below, and if you feel you need to be assessed, schedule a Virtual Breastfeeding Consultation.

### Parent's Symptoms of Tongue-Tie

- Nipple pain when nursing
- Vasospasms
- Overactive Let-down
- Painful Oversupply
- Pain in breasts
- Recurrent Thrush
- Nipples look pinched or lipstick shape after nursing
- Recurrent Plugged Ducts, Blisters/Blebs, Mastitis
- Cracked or Bleeding Nipples
- Low Milk Supply

### Baby's Symptoms of Tongue-Tie

- Poor Latch/Sucking
- Irritability or "colic"
- Coughing and choking when nursing
- Unusually strong suction
- Gas and Reflux - excessive spit up from taking in too much air at the breast
- Green Bowel Movements
- Clicking sound when nursing
- Fussiness at the breast
- Small Speck of Blood in the Stool
- Very Low or Slow Weight Gain
- Arching away from the breast

Question: My baby and I have many of these symptoms, is it for sure a tongue-tie?

Answer: Assessing a tongue-tie involves looking for visual clues in the mouth, assessing if baby has full range of motion and use of the tongue, and if baby is capable of properly eating at the breast and/or bottle. Scan the QR code above to schedule a consult.