

Teaching in Twenty: All Tied Up about Tongue-Tie

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Tongue-Tie

- Tongue tie versus Lip tie
- This talk is about tongue tie:
 - Occurs in about 4/100 newborns
 - More common in boys than girls
 - 21% family history
 - 4 types

Type 1

- Superior attachment: Tip of tongue
- Inferior attachment: Alveolar ridge
- Characteristics: Often thin, may be inelastic
- What you see:
 - Difficulty extending
 - Classic heart-shaped tip of tongue

Type 2

- Superior attachment: 2-4 mm behind tip of tongue
- Inferior attachment: On or behind alveolar ridge
- Characteristics: Often thin, may be inelastic
- What you see:
 - Difficulty extending
 - Classic heart-shaped tip of tongue

Type 3

- Superior attachment: Mid-tongue
- Inferior attachment: Middle of floor of mouth
- Characteristics: Usually thicker, more fibrous, inelastic
- What you see:
 - Tongue extends but does not lift
 - Squared off end of tongue
 - Cupping of tongue
 - Bunching in back of tongue

Type 4

- Superior attachment: Submucosal
- Inferior attachment: Floor of mouth, base of tongue
- Characteristics: Usually thick, fibrous, shiny, inelastic
- What you see: piano wire, hour glass shape

Clinical presentations

- Fine, no problem
- Or problems like:
 - Baby goes breast, sucks a few times, and then comes off
 - Latch with clicking sound, indenting of cheeks
 - Baby with excessive weight loss
 - Mother with nipple pain/nipple trauma

Which ones to clip

- Parental request or
- Maternal pain with latch or
- Ineffective latch or
- Excessive weight loss

When to clip?

Who can clip?

Ultrasound Study

Geddes DT et al. *Pediatrics* 2008;122:e188-e194

- 24 mother-infant dyads
- Infant age 33 ± 28 days
- Persistent breastfeeding difficulties despite professional help
- Oral ultrasounds performed pre and post (≥ 7 days) frenotomy

RCT: Buryk

- Buryk M. *Pediatrics* 2011;128:280-288
- Frenotomy (n=30) or sham (n=28)
- Frenotomy group pain scores improved significantly more than sham group ($P < .001$)
- Breastfeeding scores significantly improved in frenotomy group ($P = .029$) without a change in control group

RCT: Dollberg

- Dollberg S. *J Pediatr Surg* 2006;41(9):1598
- Frenotomy, bf, sham, bf (n=14) or sham, bf, frenotomy, bf (n=11)
- Significant decrease in pain score after frenotomy than sham ($p = .001$)

RCT: Hogan

- Hogan M, *J Paediatric Child Health* 2005;41(5-6):246-50
- Immediate clip or 48 hours of feeding support