

Identifying a Tongue Tie

Does mother or baby have any of the following symptoms that have not resolved with feeding support alone?

Maternal Symptoms:

Nipple pain or trauma, engorgement, mastitis

Baby Symptoms:

Poor latch, slipping off breast, short, frequent or prolonged feeds, clicking sound at feed, dribbling milk, colic, fractious feeding, excessive weight loss or slow weight gain



Can you answer yes to any/all of the following?

1. Gently sweep a gloved finger under the babies tongue and lift the tongue to inspect the frenulum:
Question: Is the frenulum less than 1cm length?
2. Sweep the tip of your finger along the top of the bottom gum ridge to observe lateral (side to side) movement of the tongue
Question: Is the tongue dimpling at the tip or square shaped from restricted movement?
3. Gently touch the tip of babies tongue and sweep across bottom lip to observe tongue extension.
Question: Is the tongue tip clefting (heart shaped) or not extending over the bottom gums?



Anterior or Posterior?

Sweep from left to right under the tongue with your finger tip touching the mucosa:

- a) You feel a band against the side of your finger: **Anterior**
- b) You feel a mound (like a speed bump) under the mucosa with the tip of your finger: **Posterior**



NHS Referrals:

Advise parents to see GP urgently for assessment and referral to KHFT Oral Surgery Department

Private Referrals:

Information is being updated and a revised recommended list will appear shortly. Please ensure parents have an information sheet on choices for managing your babies tongue tie. Meanwhile, we recommend private referrals are directed to:

Mr Graham Smith
Wednesday Evening and Friday Clinics at New Victoria Hospital
Tel 02089499020
Friday morning clinics at Parkside Hospital
Tel 02089718026