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