

Treatment Options



The dentists at Carlsbad Children's Dentistry use the most advanced laser technology available.



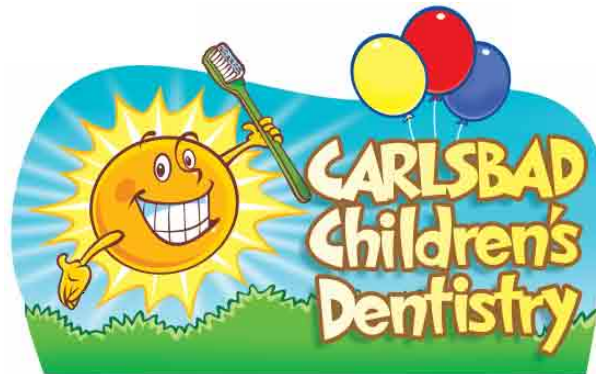
They use cold cutting lasers that help minimize discomfort and help babies heal faster. Both, the Solea (CO2) laser and the Fotona LightWalker (Er-Yag) lasers are minimally invasive, fast, and precise to provide patient comfort. There is no heat, vibration, or pressure from the laser. It allows for a suture free procedure, resulting in faster healing and reduced pain with soft tissue procedures like a frenectomy.

Contact Us

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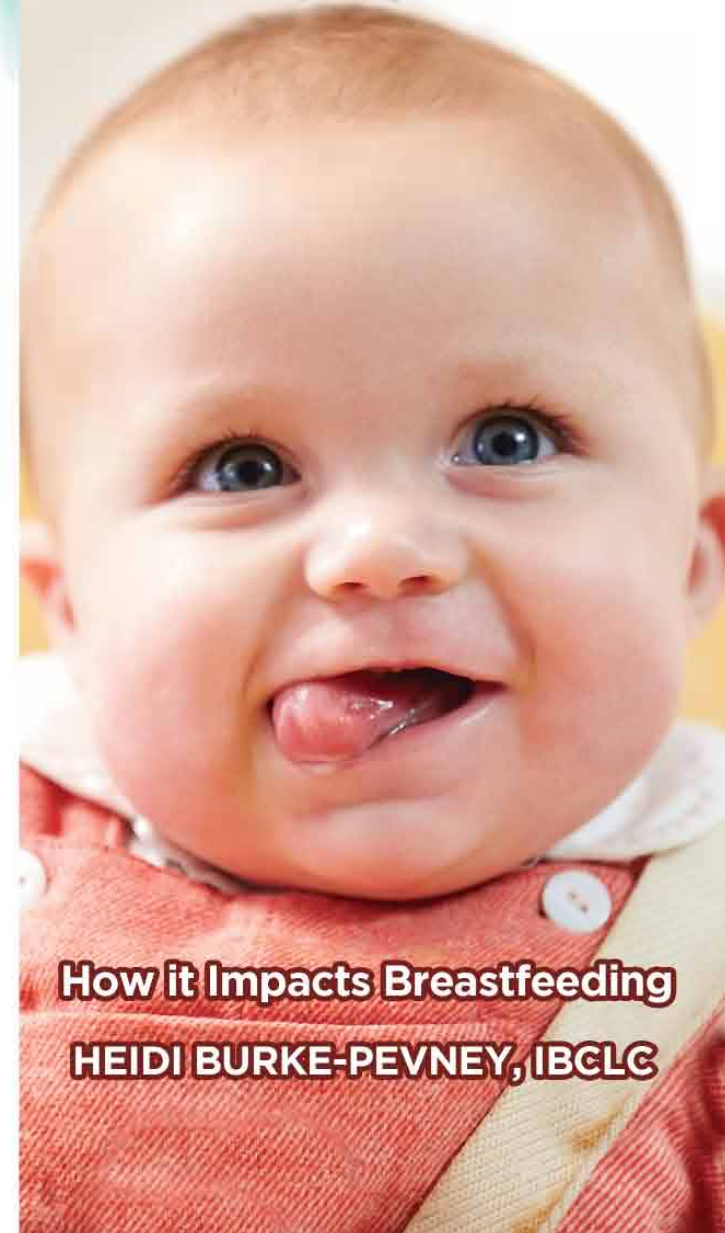
San Diego County Breastfeeding Coalition's
IBCLC of the year for 2018!



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Tongue Tie & Lip Tie



How it Impacts Breastfeeding
HEIDI BURKE-PEVNEY, IBCLC

What is it?



TONGUE TIE

(also known as ankyloglossia) is when the membrane under the tongue (the lingual

frenulum) restricts the movement of the tongue. All babies are born with some of this tissue, but for a small percentage (ranges 1-10%) of newborns, it is so tight that they cannot move their tongues freely. This can affect their ability to breastfeed and can lead to poor latch. Tongue-tie can also affect the affect the way a child eats, speaks and swallows. There are different degrees of tongue tie, Class 1, 2, 3 and 4.



LIP TIE

Many babies with a tongue tie also have an abnormally tight membrane attaching

their upper lip to their upper gums (the labial frenulum). This is called a lip tie. Babies with a lip tie often have difficulty creating a proper seal at the breast. Even though there isn't concrete data to explain why a lip tie happens, multiple studies suggest that it may be hereditary, just like a tongue tie.



Signs & Symptoms

Some babies with tongue ties and lip ties can attach to the breast and suck well. If a baby has a lip tie, but breastfeeding is not affected (no difficulties for baby and no pain for mama) doctors say no lip tie correction is needed. If lip tie is interfering with breastfeeding, it may be wise to consider a revision.

However, many of these infants with ties have breastfeeding problems.

Infants may exhibit:

- noisy suckling or clicking
- popping on and off the breast
- leaking on the sides of the mouth
- poor weight gain
- coughing or gagging
- lip blisters
- gas pain, reflux or colic symptoms

Mothers may experience:

- flattened nipples after breastfeeding
- nipple pain and damage
- prolonged feedings
- poor breast drainage
- decreased milk production

Not all mothers and babies experience all of these of problems and there may be other reasons for the symptoms.

That's why it is important that you and your baby are assessed! The best way to get an assessment of you and your baby is to consult with an IBCLC (international board-certified lactation consultant) or a pediatric dentist, both have specific training in assessment and diagnosis of lip and tongue ties.

Effects on Breastfeeding

The mobility of the tongue is very important during breastfeeding, both for mother and baby. A baby with a tied tongue may not be able to latch deeply onto the breast and can lead to nipple pain and skin breakdown for the mother.



Babies with ties may not maintain a latch long enough to take in a full feeding, while others may remain attached to the breast for long periods of time without taking in enough milk. Babies with a lip tie often have difficulty and can't create a proper seal at the breast. This can cause them to take in excess air during breastfeeding, which often makes these babies gassy and fussy.

What if my baby does need a lip tie correction throughout?

New technology with laser treatment has made it less painful, reducing the chance of excessive bleeding and is less traumatic for baby.

Will it make breastfeeding easier?

It won't change your breastfeeding overnight after this procedure, but don't fret because it usually just takes a few days of practice. A breastfeeding latch is a form of muscle memory and your baby may just need to re-learn how to nurse.