



Lisa Paladino CNM, IBCLC

PREPARING FOR FRENOTOMY (TONGUE TIE PROCEDURE)

TEAM APPROACH TO PREPARATION & RECOVERY FOR BREASTFEEDING INFANT

Lactation care (IBCLC)- First stop for assessment and evaluation of care needed before frenotomy. An IBCLC is the best person to assess infant feeding, parent and infant, because this is her specialty. She recognizes normal infant feeding & understands the effects of tethered oral tissues (TOTs) on the feeding. She can tell you if your concerns are caused by the TOTs or by another issue because not all breastfeeding issues are caused by a TOT. If the TOT is released, without IBCLC guidance, you may not see improvement. Continue IBCLC care after frenotomy to assure functional recovery.

Bodywork/Tummy Time- The term “body work” is used to describe hands-on therapies that assist the body to normal function or recovery of function. Because TOTs not only affect the movement of the tongue but also the jaw, neck, facial muscles and all the muscles of the body, bodywork, tummy time & massage techniques can help relax, release, mobilize and activate the muscles that support proper latch and breastfeeding abilities. This can include chiropractors, physical therapists, occupational therapists, etc. Seek licensed professionals with specialization in this field.

Pain management plan- Discuss with your provider prior to the day of the procedure. The goal of analgesia is comfortable movement of the tongue- for nursing, for exercises & for stretches. Some options include allopathic medications, homeopathy & breastmilk.

Oral Exercises- Physical Therapy for the tongue, lips, mouth, face and neck. It is not enough to take away the frenum, we must teach the mouth to move as it is meant to. The goal of the procedure is to enable tongue function, and breastfeeding, along with oral exercises, helps to strengthen the tongue and the muscles of infant feeding. Start these prior to the procedure for you and your baby to get used to the activity and practice before there is discomfort.

Stretches- (aka wound care) Stretches prevent the wounds from healing too fast. Learn how to stretch before the procedure so that you will be prepared & can have your questions answered from the provider. Follow the recommendations of your provider.