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## WHAT ARE TETHERED ORAL TISSUES (TOTs)?

- ~ Tethered Oral Tissues are abnormally formed or tight attachments (frenum) in the mouth that prevent functional movement.
- ~ The frenum (also known as a frenulum) is a band of tissue that attaches the tongue to the bottom of the mouth and the lip to the gum line or the cheek to the gum line.
- ~ Frenum are normal. Not all frenum are TOTs.

## THREE TYPES OF TOTs

**Lip (maxillary/mandibular), tongue (lingual) and cheek (buccal).**

### LIP TIE

The lip frenum can be too close to the gum line or too thick or too tight to allow the lip to flange outward.



### TONGUE TIE

The frenum under the tongue can be either too short, thick, or tight or it can be attached in a position that holds the tongue too close to the floor of the mouth

### BUCCAL TIE

The frenum found in the cheek area can cause pulling from the gum to the inside of the cheek, preventing the baby from opening to a wide gape.



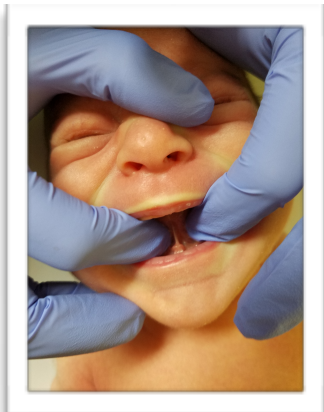


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## TETHERED ORAL TISSUES (TOTs):

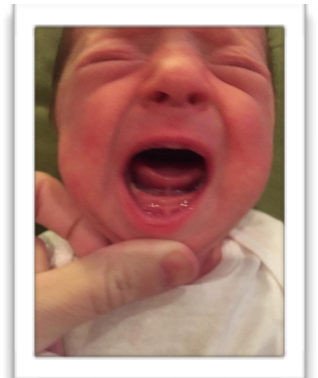
### FUNCTION OVER FORM-

### ACTION OVER APPEARANCE

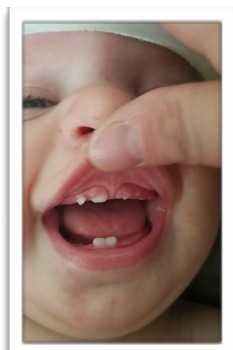


~Understanding how the mouth functions (moves) is more important than what it looks like.

~There are many babies who have what looks like a tongue tie, but their tongues work just fine for feeding and aren't causing any concerns for mom.



- ~ Sometimes the “hidden” posterior ties cause more difficulties than the obvious front of the tongue restrictions.



~The appearance of the TOT often doesn't match the function that the infant has with feeding.

~This is not a diagnosis that should be made based on a picture

~Evaluate signs and symptoms in parent, infant and feeding to assess if the frenum are causing functional restrictions.