

Your Guide to Tethered Oral Tissues (TOTs)

Every person's body is different

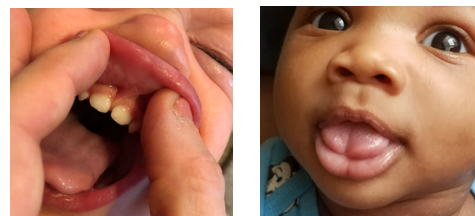
Sometimes tissue in the mouth can be short or tight, which can make it hard for the tongue and mouth to move and work together. Tethered Oral Tissues (TOTs) may also be known as "tongue tie", "lip tie", or "cheek tie."

TOTs can cause problems with:

- Breastfeeding
- Chestfeeding
- Bottle feeding
- Chewing
- Swallowing
- Speech
- Sleep
- Breathing

Each family may notice different symptoms

- Difficulty latching or staying latched
- Difficulty staying awake to finish feeding
- Milk leaking out of the mouth
- Clicking or smacking sounds
- Infant with trouble gaining weight
- Infant with gas or fussiness
- Nipple pain and/or damage
- Not enough breast milk



Tethered Oral Tissue treatment

What are TOTs Specialists?

Licensed healthcare professionals who have extra training on how to diagnose and treat TOTs

Treating TOTs

There are different ways to treat TOTs and different types of TOTs specialists

Surgery

The goal of surgery that releases the tight or short tissue is to make it easier for the mouth to work correctly.

Expectant Management or Close Follow Up

The goal is to see if baby can use non-surgical treatment such as bodywork, massage, craniosacral therapy, occupational or physical therapy, or chiropractic or osteopathic manual manipulation to gain better mouth function.

Breastfeeding & TOTs treatment

All treatments benefit from extra breastfeeding support. Nest IBCLCs can help find ways to get a better latch and position, teach you how to get more milk to the baby when the baby eats, check how much milk you have, answer your questions, give you encouragement, and help you reach your breastfeeding goals.

What to look for in a TOTs specialist

Treatment must be performed by a licensed healthcare professional who has received additional training in TOTs. Specialists who may be qualified include (but are not limited to):

- Ear, Nose, and Throat specialists
- Pediatric or Family Dentists
- Oral and Maxillofacial Surgeons
- Pediatric Primary Care providers

TOTs specialists should:

- Possess special training in how to identify & treat TOTs
- Regularly treat TOTs in infants
- Request your and your baby's medical history
- Observe breastfeeding before making treatment plan
- Examine baby's mouth and explain what they see
- Listen to your feeding-related concerns
- Explain risks and benefits associated with treatment
- Consider observing breastfeeding after treatment
- Provide post-procedure care instructions

You know your baby best! Nest IBCLCs look forward to helping you meet your infant feeding goals!

Schedule your next appointment at www.nestcollaborative.com or call (888) 598-1554.