



Factsheet Tongue-tie

What is a tongue-tie?

A visually tight or restricted lingual frenum that is causing a person to have trouble doing certain actions that use the tongue. Ankyloglossia is the medical term for a tongue-tie.

A tongue-tie cannot be diagnosed by only looking at the appearance of the lingual frenum.

What functions can a tongue-tie affect?

- Breastfeeding issues can be linked to a tongue-tie.
- Some people may have issues with speech. But research does not show that tongue-ties regularly impact speech development.

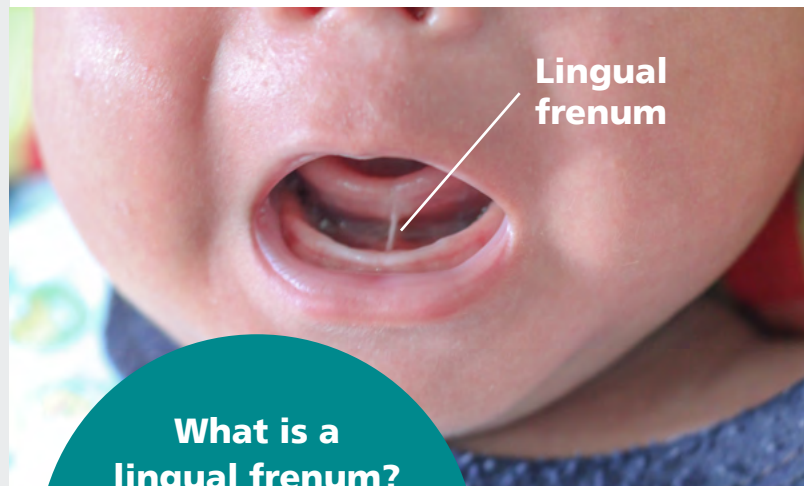
I think my child has a tongue-tie. Who can help me?

The health professional you see will depend on what issue has made you think your child may have a tongue-tie.

If you are concerned about breastfeeding, talk to an International Board Certified Lactation Consultant (IBCLC), midwife or maternal child health nurse. A speech pathologist can help with issues when changing from soft to hard foods, or with your child's speech.

My child's lingual frenum looks tight but they are not having any problems. Will it affect them in the future?

A lingual frenum that looks tight but is not causing any problems should be considered normal. There is no way to know if they will have a problem in the future.



What is a lingual frenum?

The lingual frenum is the fold of soft tissue under the tongue. It joins the tongue to the floor of the mouth.

Everyone has a lingual frenum.



How is a tongue tie treated?

This depends on what function is being affected by the tongue.

Below is an example of management for an infant having trouble with breastfeeding. It is important to consider and/or try other treatments for the problem before surgery.

