



greenwood park  
— DENTISTRY



Erbium Laser Release Treatment for  
**Lip-Tie and Tongue-Tie**

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Infants | Children | Adults



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# What is Lip-Tie?

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The thin tissue that connects the upper jaw to the inside surface of the upper lip is called the frenulum. When the lip frenulum extends further downward and restricts the natural lip movement, we have a lip-tie.

It is important to properly diagnose the condition as soon as possible to avoid potential issues in the short and long term:

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MALNOURISHMENT  
IN INFANTS



DIFFICULTLY  
BREAST FEEDING



GAP BETWEEN FRONT  
TEETH



HIGHER RISK OF DENTAL  
CARIES AND GUM  
DISEASE



DELAYED SPEECH  
OR POOR  
ARTICULATION



DIFFICULTY  
WITH SOLID  
FOODS

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In a normal situation, the upper lip should roll upwards toward the nose with little resistance and it should easily touch the tip of the nose.

Dr. Tabesh will perform an examination and assess the degree of lip movement to determine if a lip-tie is present. If the lip is restricted the lip frenulum may need to be released.



## What is Tongue-Tie?

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**The lingual frenulum is the thin tissue that connects the tongue to the lower jaw. When the frenulum is thicker and/or restricts the tongue from natural movement, it is known as tongue-tie.**

A common sign is the inability to stick the tongue outwards or side to side. The tongue may appear heart shaped in severe cases but not always. Please see photo below.

The lingual frenulum is supposed to detach before birth. However, it is fairly common that some infants are born with a thicker frenulum that restricts the tongue movements. If left untreated, infants can struggle with proper nourishment and may not be able to be breast fed.

If already nursing, it can make feeding very painful for mom.



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Children and adults live with the condition while coping with challenges like speaking, chewing difficulties, tension in the head, neck, jaw, and shoulders.

# How Tongue-Tie Affects the Airways



If a tongue-tie is left untreated, it can prevent the airways from fully developing. This is partly because the upper surface of the tongue is unable to rest naturally against the palate, or the roof of the mouth.

Infants can struggle to fall asleep and need a pacifier or thumb to self-soothe. Without the pressure of the tongue resting against the roof of the mouth, the airway fails to fully develop and remains narrow. A narrow airway can cause the following issues:



BRUXISM  
(TEETH  
GRINDING)



MOUTH  
BREATHING



DIFFICULTY  
STAYING  
ASLEEP



SLEEP APNEA



SIDS



SNORING

Breathing through the nose is ideal due to its natural allergen filtration mechanism.

As mouth breathing becomes more habitual to compensate for the reduced airway space, the nasal passages fail to develop correctly. This creates future complications with large tonsils and adenoids. Mouth breathing can also affect facial development.

## What is Erbium Release Treatment?

Erbium laser (Er-YAG) is a crystal activated laser which uses cold ablation to gently remove tissue. This makes the procedure virtually painless before and after the procedure. It is commonly used in dentistry because it has many advantages compared to other lasers.



MINIMAL  
BLOOD  
LOSS



MINIMAL  
SWELLING &  
SCARRING



INSTANT  
STERILIZATION



MINIMAL  
DISCOMFORT



QUICKER  
RECOVERY  
TIME



Erbium laser release treatment is commonly used for lip and tongue-ties. Infants, children, and adults can benefit from this quick and painless procedure.

After the initial consultation, the treatment can be completed in less than a minute. Infants are usually able to feed immediately afterwards with better latching ability.

Children and adults have minimal to no discomfort or swelling, which allows them to return to normal activities the same day.



*Our state-of-the-art laser*

# Laser Release for Lip and Tongue-Tie Treatment (Infants and Children)

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## Laser Labial and Lingual Frenectomy for Infants and Children



### LIP-TIE TREATMENT

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Lip-tie in infants may interfere with proper feeding depending on the severity. Dr. Moe will examine your baby for both lip and tongue-tie. It is recommended to treat lip-tie sooner rather than later to avoid potential issues like poor oral hygiene. Lip-ties can be easily treated with Er-YAG laser release.

### TONGUE-TIE TREATMENT

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Infants are at risk of malnourishment if they have an undiagnosed tongue-tie condition. An infant with tongue-tie is unable to move their tongue superiorly and create a seal between the mother's breast (or bottle) and the roof of the mouth. The seal creates the necessary suction for an efficient feeding.

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**The infant may be persistently hungry and lose weight if not treated as soon as possible.**

Some parents are unfamiliar with the condition and as the child grows older, complications with speaking and chewing become more obvious. Fortunately, Er-YAG laser release is a procedure that uses a soft tissue laser to gently free the tongue from the excess frenulum. The Er-YAG laser also sterilizes the area, which reduces the chance of infection and promotes faster recovery with no pain.



## What are the symptoms of tongue-tie in infants and children?



### Symptoms may include the following:

#### INFANTS

- Tongue movement difficulty - particularly from side to side
- Difficulty moving the tongue outward
- Infant appears to be gasping for air during feeding
- Infant falls asleep too soon while feeding
- Infant has gas and/or hiccups after feeding
- Weak latching or smacking sounds while feeding
- Infant uses gums to latch
- Oral blisters
- Low weight
- Gulping milk
- Inability to use a pacifier or prefers the bottle instead of breast

#### CHILDREN

- Difficulty chewing food
- Delayed speech
- Lisp
- Oral health issues like tooth decay
- Slower speaking ability
- Neck, back, and/or jaw pain
- Migraines
- Mouth breathing
- Difficulty sleeping
- Bruxism (teeth grinding)
- Snoring
- Narrow palate or upper jaw
- Underbite or overbite
- Chronic asthma, allergy suffering, or rhinitis



# Why do some infants and children have the tongue-tie condition?

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**Before birth, the lingual frenulum separates naturally. However, there are instances when it does not. The reason is unknown but some researchers suggest it could be hereditary.**

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## How does tongue-tie affect an infant or child?

The tongue is very important. It helps babies and children to feed, learn to speak, maintain oral health, and live a quality life. Tongue-tie condition restricts a growing child in the following ways.



### FEEDING

Infants naturally know how to suck. However, the restriction of the tongue makes sucking difficult for them. They have to make an excessive effort to feed and might lead to poor milk transfer. Insufficient nourishment may affect your child's development.



### ORAL HYGIENE

Untreated tongue-tie can cause oral issues like tooth decay and gum disease due to the lack of mobility. Your tongue naturally helps keep teeth clean. When the tongue is positioned correctly, the teeth are more likely to develop correctly without gaps or spaces.



### SPEECH

As your baby gets older and starts to learn words, tongue-tie will make speaking challenging. Some words will be difficult to pronounce and your child may not speak clearly with particularly difficult letters such as d, l, n, r, t, th, sh, and z sounds.



### OVERALL INTERFERENCE

As your baby grows into a wandering child and later an adult, they may have limitations. Enjoying lollipops, ice cream, public speaking, and romantic relationships may be challenging.

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Parents need to consider a laser release treatment for tongue-ties to minimize these issues.

Consult with us today to learn more about your infant or child's procedure.

# Laser Release for Lip and Tongue-Tie Treatment (Adults)

## Laser Labial and Lingual Frenectomy for Adults

### LIP-TIE TREATMENT

Lip-tie in adults can impact their ability to move the upper lip naturally. Those affected can also experience worsening decay and gingivitis due to difficult teeth brushing and flossing. Treating this condition offers a better quality of life and improves oral hygiene. Er-YAG laser release is the best option for treatment. The lip is released within seconds, with a quick and painless recovery time.

### TONGUE-TIE TREATMENT

Ankyloglossia, or tongue-tie, is a condition where the tongue is tied to the lower mouth area by extra tissue called lingual frenulum. Left untreated, the condition causes issues in health, speech, and overall quality of life. There are many adults that have this issue. Unfortunately, they have lived all of their lives struggling with daily tasks like eating, speaking, and more. Our office can help by performing a laser release tongue-tie treatment to remove the extra piece of tissue. Speak to us today!



## What are the symptoms?

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- 1  
ORAL HEALTH ISSUES LIKE TOOTH DECAY AND GUM DISEASE
- 2  
INDIGESTION DUE TO POORLY CHEWED FOOD
- 3  
UNABLE TO SPEAK CLEARLY
- 4  
MIGRAINES
- 5  
LOW SELF-ESTEEM DUE TO SPEAKING AND EATING ISSUES
- 6  
PAIN IN NECK, HEAD, JAW
- 7  
CROWDED TEETH
- 8  
OVERBITE
- 9  
SLEEP APNEA
- 10  
SNORING

## What causes tongue-tie condition?

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The lingual frenulum is supposed to separate before birth. Unfortunately, some infants are born with it and continue to live with the condition throughout adulthood. The actual cause is unknown but some believe that it is related to genetics.

If you are an adult suffering with tongue-tie, please contact our office today. A laser release treatment is a quick, painless procedure that will relieve your current complications.

**Call 613-546-3456 or visit our website at  
[greenwoodparkdentistry.com](http://greenwoodparkdentistry.com)  
to request an appointment.**





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