

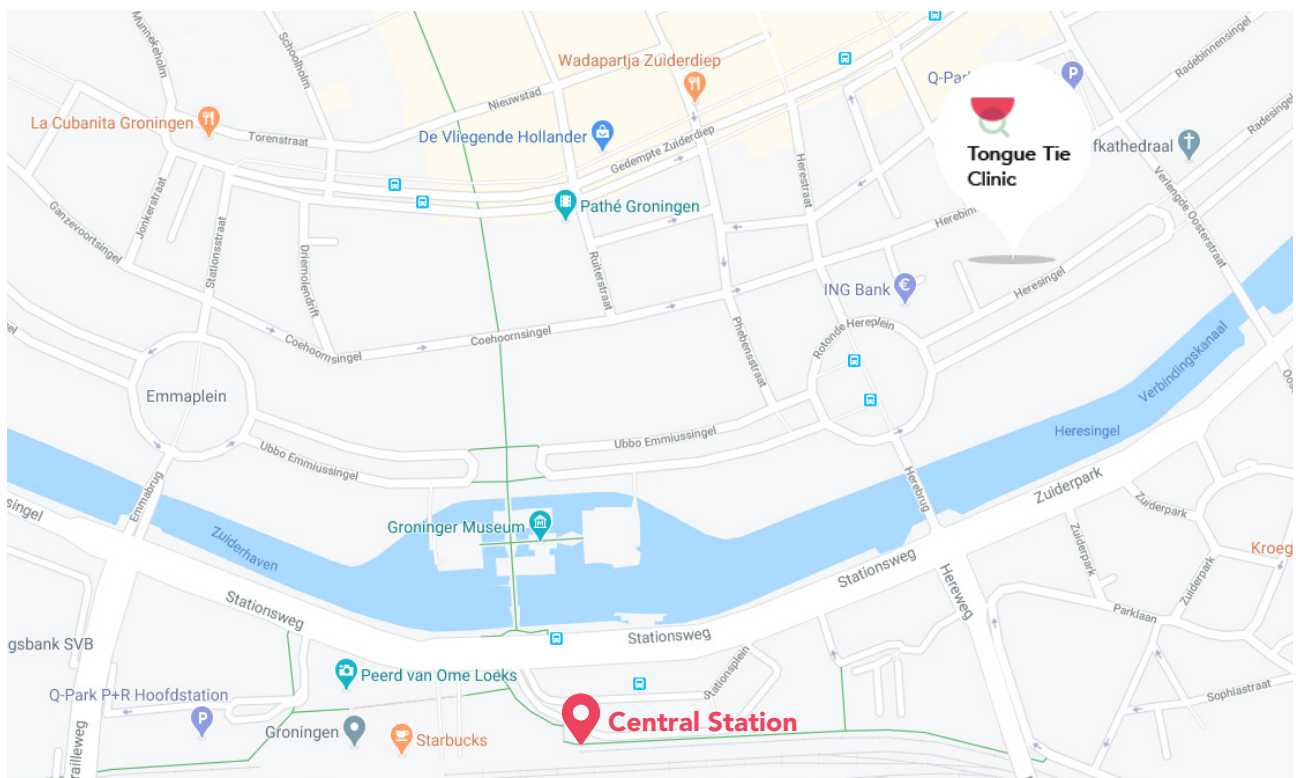


General information Tongue Tie Clinic Groningen:

- The address of the Tongue Tie Clinic (Tongriem Kliniek) is Heresingel 12a, 9711 ES Groningen. Tongue Tie Clinic shares the same location as Buijts Tandartsen.
- In the centre of Groningen, there is paid parking from Monday to Wednesday from 09:00 to 22:00 and from Thursday to Saturday 09.00-24.00 hours.
- Parking time is limited up to 1 hour, but refilling the meter is possible. When you stand with your back to the entrance of the dentist's office, you find the car park located to the left.

For older children and adults, the following applies:

- If there is sickness or a fever the appointment can't take place.
- The clinic is located in a historic building, where there is no room to store travel luggage.
- The appointment will take approximately half an hour. First the examination and consultation takes place by the practitioner. If treatment is advised, there is time for questions. Local anaesthesia is applied and the treatment will follow. The treatment time itself will be short.
- Short nails and clean hands are recommended to practice and feel the mouth practicing aftercare.
- If preferred, painkillers can be taken in advance for pain relief. Paracetamol is preferred. Consult a doctor or pharmacy for the correct dose.
- For other questions or problems with wound healing, you can send a photo to info@tongriem.com.
- To take a photo for private use is permitted but filming of the treatment is not allowed.
- The invoice for the consultation or treatment will be sent straight to the Dutch insurance company (for children treated up to 18 years old). If you have a non-Dutch health insurance, you can pay with card or cash after the treatment. The practitioner will give an official copy of the invoice and a letter of explanation to your health care provider.





Aftercare form for older children and adults after removal of a tongue tie and/or upper lip tie

Pain and discomfort after treatment

- The wound can feel burning and annoying.
- There can be a swelling the first few days. This will gradually disappear.
- Medication such as paracetamol can be taken orally. Check with your doctor or pharmacy for the right dose.
- Muscle pain or a sore throat can be also be observed because different muscle groups around the mouth and tongue were used in a different way before the treatment.

Eating and drinking

- You may eat directly after the treatment but it is better to wait until the anaesthetic wears off.
- If solids cause pain in the early stage after the treatment, then keep using liquids.
- Preferably use cold or lukewarm foods, not foods that are very hot or spicy, this way you can prevent irritation of the wound

Healing

- Healing will go quickly and can take a few days up to a few weeks. The wound will be “diamond-shaped” and will look like a hole at first. This wound will change after a few days and will then have a white/yellow colour. The wound can appear infected (see photo’s), but this is the normal healing process.
- The wound can bleed a little and there can be a little bit of blood mixing with saliva. The wound can bleed slightly when touched. This will do no harm. If necessary, give some pressure on the wound for a few minutes with a swab or clean cloth.
- Haemorrhage or prolonged bleeding occurs rarely. If this happens, always contact the Tongue Tie Clinic. If necessary, the wound will be stitched. In the Tongue Tie Clinic this only happened in 0,0001% of the cases. Before any treatment takes place, it is essential to inform the provider of any family issues such as bleeding disorders or clotting problems.
- Keep brushing the teeth and your mouth as clean as possible. Do not rinse with mouth water.



Aftercare and Tongue exercises

- Wash your hands and make sure you have short nails before doing the aftercare.
- Remain relaxed when carrying out the exercises, so that your muscles will relax too.
- Do not expect immediate results; sometimes it can take a few weeks or even longer before there is a noticeable improvement, especially when the treatment was done on an older child or adult.

Aftercare

After its release, the tongue has more possibilities to move around in the mouth, but this does not always happen automatically. In its resting position, the tongue may still lie low in the oral cavity. The quick wound healing in the mouth can result in the oral ties growing back. If this occurs, the treatment can be done again, but of course it is better to prevent this by regularly doing the exercises.

For more explanation, see this video: <https://player.vimeo.com/video/236204176>

- Aftercare should be carried out for at least three to four weeks every 6 hours.
- Do the exercises at least 4 times a day, also at night if you or your child goes to sleep.
- Start with the exercises (depending on the hour of treatment) 6 hours later.
- It is more comfortable if you use cold fingers with some coconut oil on it during the aftercare exercises.
- Horizontal movements:
If the lip tie is treated: massage the wound on the upper jaw 5 or 6 times with the top of your index finger from left towards right or vice versa for two weeks. In the third week phase out the frequency.
If the tongue tie is treated: Repeat the procedure for the wound under the tongue. In the fourth week phase out the frequency

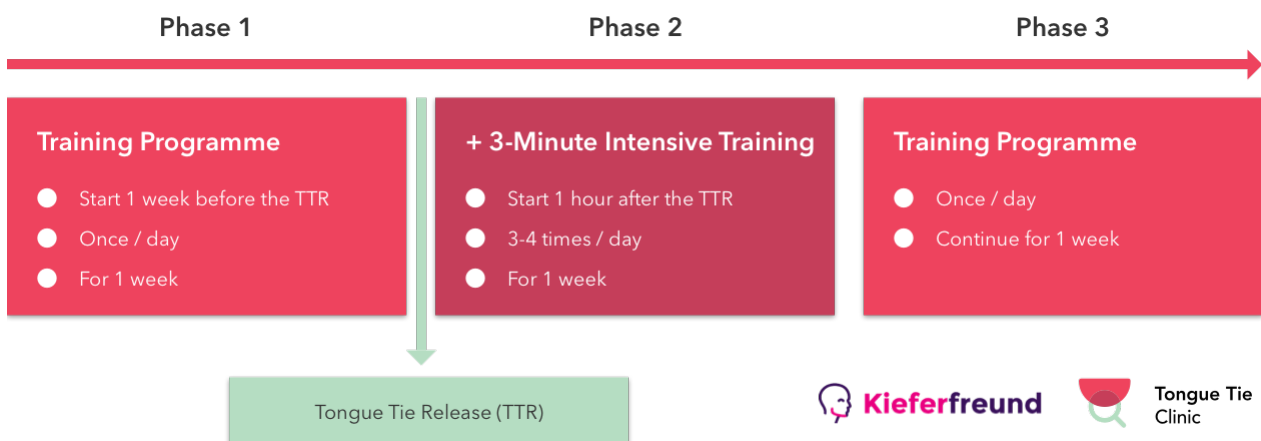


- Vertical movements:
If the lip tie is treated: stretch the upper lip towards the nose like a “duck face” for two weeks. In the third week phase out the frequency.
If the tongue tie is treated:
 - Lift the tongue or lip three times with both index fingers in a V-shape form. It is important to separate the upper half of the diamond on the tongue from the bottom of the mouth so that an actual stretch occurs.
 - Make a rolling-pin with your index finger to roll the tongue up towards the palate starting at the front behind the gum. Like the letter 'J'. It's important the tongue base should move up.In the fourth week phase out the frequency.

It is always advisable to follow the exercises of your own speech therapist or OMFT (oromyofunctional therapy) therapist.

If there is no speech therapist or OMFT therapist, Kieferfreund can help through specially developed apps for children and adults or an individual program: <https://www.tonguetieclinic.com/tongue-tie-therapy> and www.kieferfreund.com

It's important to train the muscles of the jaw: <https://player.vimeo.com/video/355067816>





Compensation mechanisms

- As a consequence of a tight tongue tie, a compensatory mechanism in order to be able to drink and eat, breath or swallow correctly, could exist in the muscles around the mouth, neck, throat and shoulder.
- Because of this compensatory behaviour, blockages can occur in these areas. If you notice no improvement after a while and suffer from discomfort and tension in these areas, it's good to see a bodyworker as a physiotherapist, chiropractor, osteopath, etc for these tensions.

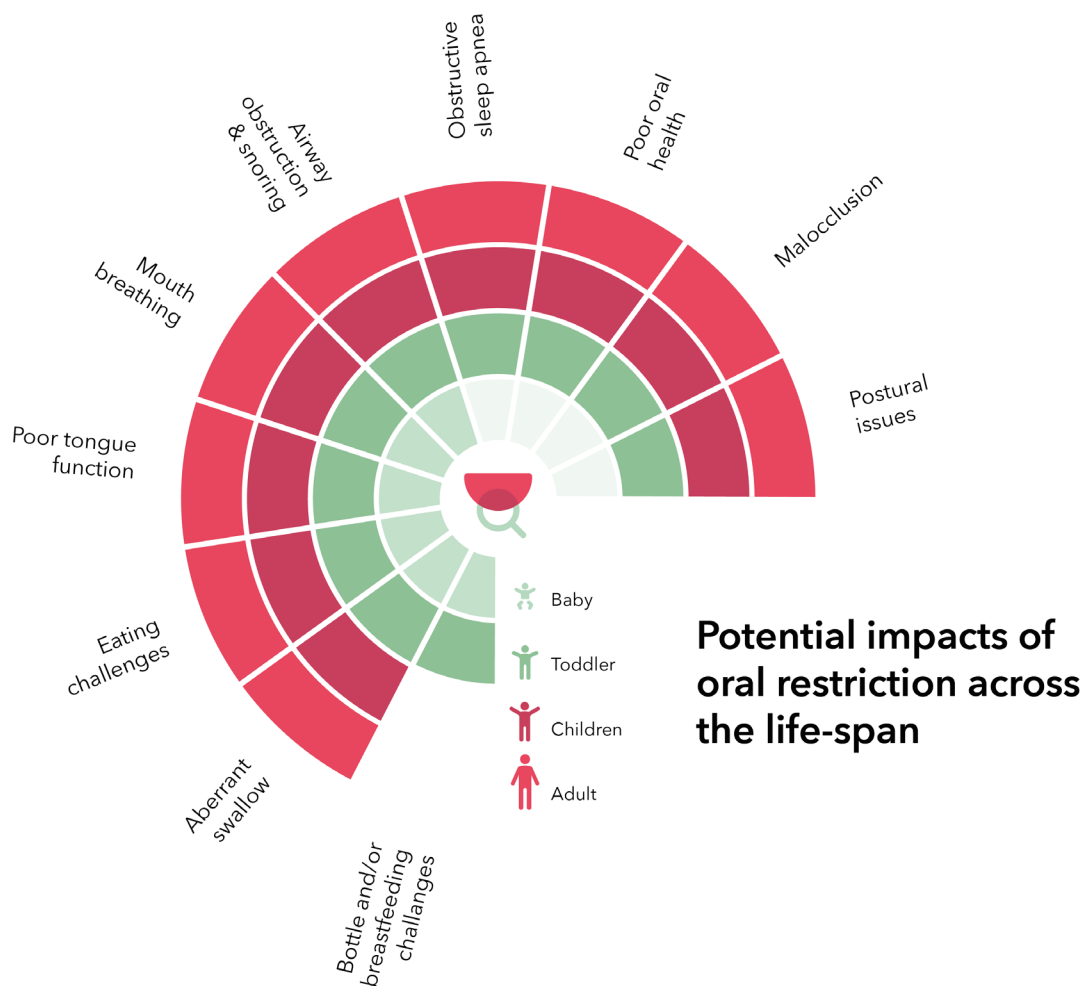
The following videos' are an example:

Mouth breathing: <https://www.youtube.com/watch?v=dMr4p5SQe5s>

Teeth grinding caveman: <https://player.vimeo.com/video/236208302>

Stop grinding / start laughing: <https://player.vimeo.com/video/236208408>

Oral ties can have a lifelong impact:





Simple exercises or games for the tongue

- Stick out the tongue and to move it upwards and downwards.
- Stick out the tongue out then move it from left to right.
- Stick out the tongue 10 times.
- Move the tongue from left to right 10 times.
- Move the tip of the tongue from upper lip to lower lip 10 times.
- Suck the tongue against the palate and hold it there for 10 seconds.
- Make a clicking sound with your tongue as often as possible.

Food games older children

- Try to put something sticky (jam, peanut butter, Nutella, etc.) on the upper lip or on the corners of the mouth to make the tongue to reach there and try to lick it off.
- Try to put something sticky (squashed fruits) on the palate so the tongue reaches to the palate and makes a lifting movement.
- Lick an ice-cream or lolly, as it stimulates the tongue to move.