



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 Buijs 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 babies the following applies:

- If a baby is sick or has fever the appointment can't take place. Vaccinations around the same date as the appointment are not recommended.
- The clinic is located in a historic building, where there is no room for buggies or strollers. We therefore ask you to carry your baby in your arms, in a sling, or in a maxicosi/car seat. In the waiting room you can take your baby out of the maxicosi.
- The appointment will take approximately about half an hour. First your baby will be examined by the practitioner. If treatment is advised, an explanation follows and there is time for questions. The treatment itself will be very short. Afterwards, there is approximately 10 minutes to calm and feed your baby in the same room with help and advice from a Lactation Consultant IBCLC.
- Please bring expressed breast milk or formula in a bottle (in case the baby does not drink from the breast straight after the treatment or is bottle fed). If you use a nipple shield, please bring that too.
- Short nails are recommended to practice and feel the mouth practicing aftercare.
- After treatment, questions and answers can be found on the FAQ or <https://www.tonguetieclinic.com/frequently-asked-questions/> or you can contact the Lactation Consultant IBCLC who was present at the treatment (an aftercare information card will be given to you). The wound will always be checked before you leave the office. For other questions or problems with wound healing, you can send a photo to info@tongriem.com, or send a message or photo via Messenger or Whatsapp to the Lactation Consultant IBCLC who was present at the treatment.
- 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 babies after removal of a tongue tie and/or upper lip tie.

Pain and discomfort after treatment

- Babies can feel uncomfortable for between 24 to 48 hours or up until a few days after treatment.
- You can give pain relief such as Paracetamol (in a suppository or oral form for babies). Ask your doctor or pharmacist for the correct dose.

Feeding babies:

- You can breastfeed or bottle feed straight after the procedure.
- There can be swelling of the lip and this can cause latching or drinking difficulties shortly after the procedure. Your baby also needs to get used to his or her newfound mobility of the tongue, which can affect the drinking technique. If this is a problem in the first couple of days after the treatment, you can offer your expressed milk on a small spoon, in a bottle, with a syringe, through finger feeding or in a small cup.
- Make sure you and your baby have lots of skin-to-skin contact. Keep your baby close and cuddle a lot.
- Position your baby well. Lean back in the cushions, lay your baby between your breasts and let your baby search for your breast. Roll your nipple and areola a bit between thumb and index finger and flatten your breast a bit to facilitate your baby's latch. Let your baby set the pace and once your baby is properly at breast, use breast compression to help the milk flow.

Lactation Consultation Aftercare:

- The baby has to get used to the increased tongue mobility. Parents regularly ask about feeding after the treatment has taken place. Good guidance and help from a Lactation Consultant is in most cases required after treatment of the lip and tongue to ensure that your baby learns how to drink effectively from the breast. Contact your own lactation consultant IBCLC if you need more help.

Aftercare for older babies:

- You can offer the breast, a bottle of formula or water directly after the treatment.
- Start with offering liquids and only give solids later on. If solids cause pain in the early stage after the treatment, then keep offering liquids only for a bit longer.
- Preferably offer cold or warm foods, not foods that are very hot or spicy; this way, you can prevent irritation to the wound.



Healing

- Healing will go quickly and can take a few days up to a few weeks. The wound will look "diamond-shaped" and 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 in baby's nappy (black in colour) due to ingestion. 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 does happen, always contact the health care provider. 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 vital to inform the provider of any family issues such as bleeding disorders, clotting problems, or absence of vitamin K drops given to baby.

Aftercare and Tongue exercises baby

- Wash your hands and make sure you have short nails before doing the aftercare.
- Carry out the exercises preferably when you and your baby is calm. It doesn't matter if that's before or after a feed or meal.
- Remain relaxed when carrying out the exercises, so that your baby will relax too.
- Sing a song or play a favourite piece of music.
- The aftercare exercises should last around a minute.
- 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 baby.

Aftercare

After its release, the tongue has more possibilities to move around in your baby's mouth, but this does not always happen automatically. In its resting position, the tongue may still lie low in the oral cavity. The upper lip may also not flange out yet. The quick wound healing in the mouth can result in the 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://www.youtube.com/watch?v=RIMcteDs0So>

- Aftercare should be carried out for at least three to four weeks.
- Do the exercises at least 4 times a day, maybe also at night, if your baby is awake and relaxed.
- Begin with the exercises (depending on the hour of treatment) 6 hours later around the first next feeding.
- Your baby will probably find it more comfortable if you use cold fingers with some coconut oil on it during the 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. Third week phase out the frequency.
If the tongue tie is treated: Repeat the procedure for the wound under the tongue. Fourth week phase out the frequency.
- Vertical movements:
This usually works best when you stand behind your baby, so that you can pull up the tongue and lip with your two index fingers.
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.

More information about aftercare can be found at: <https://www.tonguetieclinic.com/faq-cat/nazorg-en/>

Exercises or games for the tongue

It is advisable to let the tongue perform different new movements at least once a day.

You can watch our exercise video on Youtube: <https://www.youtube.com/watch?v=KudXCpK0hjl>

- Touch the chin, the tip of the nose, and the upper lip to ensure the mouth opens wide.
- Allow your baby to suck on your finger and pull the chin down so that the baby creates a good vacuum.
- Massage the palate as this helps to reduce your baby’s gag reflex.
- You can ‘walk’ with your finger on the middle of the tongue while making a downward pushing movement. Continue to walk towards the outer sides of the tongue. This helps to stimulate the cupping of the tongue and the vacuum with the nipple or teat in the mouth.
- Massage the jaw with the top of your index finger (in a way similar to brushing the teeth). This helps to encourage the tongue to move sideways.



Exercises older baby:

- Clean the teeth as usual; it is important to keep the mouth clean.
- You can ask your baby to copy the following:
- 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.
- Make a clicking sound with your tongue as often as possible.

Food games:

- 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.

Compensation mechanisms

As a consequence of a tight tongue tie, babies may develop compensatory mechanisms in order to be able to drink, such as muscles in 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, your baby may suffer from discomfort and tension in these areas.

Examples of this include overstretching or crooked lying, a preferred position or lots of crying. It's good to see a bodyworker as a physiotherapist, chiropractor, osteopath, etc for these tensions.

You can watch our video about compensation mechanisms on Youtube: <https://www.youtube.com/watch?v=Dk8tBl4q7Dg>

Oral ties can have a lifelong impact:

