



## Tongue Tie Monitoring Without Frenotomy (tongue-tie clip)

*An option when a Tongue Tie is identified but **not currently** impacting feeding*

Your baby has been assessed by a physician who specializes in breastfeeding and lactation medicine and your baby has been identified as having a tongue-tie or restricted lingual frenulum but feeding your baby is currently going well.

We will typically suggest that your baby undergo a procedure called a **frenotomy (tongue-tie clip) if it is impacting breastfeeding**. Currently you and your baby are doing well with feeding which means you have no or little pain with latching your baby and your baby is able to get enough milk with direct breastfeeding.

Often when a baby's "tongue-tie" does not seem to be impacting feeding, parents will choose to not clip it. It is important to **return to our clinic for reassessment if any of the following are happening**:

- New nipple pain with latching
- Baby is upset with direct breastfeeding, pulling at the breast or insisting on a bottle
- Poor weight gain for your baby
- A drop in your milk production

Our milk production naturally downregulates **around 10-12 weeks** which is often when we see concerns arise with an infant with a tongue tie that is not revised.

If you are experiencing any new concerns or any of the above symptoms, please call our clinic for a re-evaluation.

If you have a concern about your milk production dropping or your baby not gaining weight well, then we would suggest you pump after breastfeeding and offer your baby small supplements of your milk either at the breast with a syringe or supplemental nursing system or with a slow flow bottle (see our website for slow flow bottle suggestions)

