

## Colorado Children's Ear Nose and Throat, P.C.

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# Tongue-Tie

## What is tongue-tie?

The length of the band of tissue under the tongue varies greatly among individuals. At birth, the tongue is normally short and the band is tight. The tongue grows and the band stretches with use. A child older than 1 year has an abnormally tight tongue (or tongue-tie) if:

- The tip of the tongue can't be protruded past the teeth or gumline.
- The end of the tongue becomes notched when it is protruded.

Tongue-tie is a very rare condition. If your child does not have either of the above problems, his or her tongue is normal.

## How is it treated?

A tongue with less movement than normal does not cause delay or difficulty with speech or sucking. Clipping of the band under the tongue is rarely done anymore because it is usually unnecessary. Clipping also carries the risk of bleeding and infection. It is never done before 1 year of age.

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### Special Instructions:

Return for re evaluation at age 8-10 weeks, sooner if any breathing, feeding or weight gain difficulties.

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