

## The 5 T's of Tongue Tie and Lip Tie Post Revision Support

**Time:** Realize that revision is not always an instant fix. Your baby has had restrictive ties for a long time. It takes time for baby to adjust to new tongue mobility. Relearning proper suck takes time. Many parents report a big change in baby's ability to latch and feed at breast or by bottle around 3-8 weeks post revision. Parents need time to learn about care post revision.

Time

**Technique:** Your baby will need your best technique for latch and positioning. Treat your baby like it is the first day of birth. Really focus on this each day in the early weeks post revision. Offer your baby many opportunities to experience skin to skin time and feedings. Consult with an IBCLC to help guide and show you the best tips and techniques. C-hold and breast compressions will help get deep latch and better milk flow. Positioning techniques such as laid back breastfeeding, Australian hold, and side-lying holds help your baby to feed more effectively. If you bottle feed, try paced bottle feeds and side lying bottle feeds.

Technique

Training

Tummy Time

Therapy

**Training:** The IBCLC can also help with a plan to address milk supply and sucking issues. To strengthen and organize the suck, post revision stretches and training exercises are great to learn. Specific exercises are individualized to each baby and the issues seen. The IBCLC can refer to other therapists who also have expertise in oral motor function.

**Tummy Time:** Placing your baby in tummy time helps to strengthen the neck, structures, and muscles that support effective sucking. Practice a few times a day for 5-20 minutes. A good time is after each diaper change. Babies who have struggled with latch and feeding often have other structural issues like torticollis and plagiocephaly, which can affect sucking. The skills learned in tummy time will also help with future development.

**Therapy:** Your baby may need body work from a chiropractor or therapist (PT, OT, SLP,) who is knowledgeable in issues associated with TT/LT. These therapists may practice craniosacral therapy, myofascial release, and oral myology to help with compensations seen when the tongue could not function properly. Compensations include high tone or low tone suck, high lip pressure sucking, clenched jaw, biting, gagging, choking, reflux, and many more.

Did I mention time? Give yourself some grace for working so hard, then extend that same grace to your child. You may also want to seek emotional support from mothers who have experienced similar issues with TT/LT, your IBCLC, and of course your family and friends.

Feedings, function, and wellness are worth the time.

