Tongue Tie (Ankyloglossia)
Quick Reference Guide

Symptoms in Baby
- ↑ Suction pressure
- Poor milk transfer
- Slipping on/off breast
- Poor weight gain

Symptoms in Mother
- Nipple pain
- Nipple damage
- Mastitis / duct blockage
- Low supply
- Untimely weaning

Assess Tongue Mobility
- Ability to raise tongue to palate with wide open mouth
- Ability to cup the anterior tongue
- Extension of tongue over lower lip

Review by paediatric consultant

Considered normal

Normal Management Plan
- Lactation Consultant review
- Individualised Care Plan
- Commence Feeding Variance Sheet
- Consider nipple shield
- Commence expressing
- Daily weight check

Considered pathological

Management Plan
- Institute Normal Management Plan and in addition;
- Arrange breastpump loan
- Consider referral to Breastfeeding Centre
- Consider referral to Paediatric Surgeon for assessment