What is a tongue or lip tie?

It is a band of tissue under the tongue, lips or cheeks which may restrict their normal movement and function.

Good lip and tongue movement is essential for efficient function.
In infants, ties can lead to a multitude of issues such as:

- Poor latch, sliding off, clicking, leaking or dribbling during feeds
- Reflux, colic and gassiness
- Poor weight gain
- Recurrent ear infections
- Maternal feeding pain
- White coating on tongue
- Dislike of tummy time or car seat
- Gagging or food texture issues.

The tongue's position and movement sculpts the growth of the jaw bones throughout life. Abnormal tongue function and swallow can lead to:

- Low tongue position
- Mouth breathing, and associated gut dysbiosis
- Small jaws-crowded teeth and impacted wisdom teeth
- Back, neck and TMJ problems, narrow palate
- Narrowed airway, sleep apnoea, sleep disordered breathing and breathing dysfunction

Correcting ties early helps bring function back as close to normal so that optimal feeding can be established and the face, bones and airway can develop to their best potential.

Treatment for any age - newborn and up

We have the benefit of the presence of a lactation consultant is to assist with functional diagnosis and assist feeding after release for breastfeeding infants.

Dr. Lindsay Singham (Smith) is passionate about diagnosing and treating tongue ties in all age groups. She was herself tongue tied until recently and knows fully the results of leaving restrictions unreleased in the long term.

She has two children who also were tied in lip and tongue and knows the difficulties she faced as a new mother with feeding and child development.

Her aim is to 'fix someone before they break' and believes that early treatment can lead to a longer, happier, healthier life.

Tethered Oral Tissues Throughout Life