

# Guidelines for Suspected Oral Restrictions

Beyond the Breast

## 1 Functional Feeding Assessment

### IBCLC/SLP

Skilled in Oral assessment & restrictions  
Review of Symptoms- Parent & Infant/Child  
Referral for Care Team providers for WHOLE Body Care  
(Chiro/CST/Myofascial/Myofunctional/Dentist/ENT)



## 2 Home Stretches & Bodywork

### Chiropractor/Osteopath/Myofascial Therapy

Personalized stretches / movements to aid in reducing overall structural tension & oral tension.  
Practice of recommended post frenectomy stretches



## 3 Frenectomy/Frenulotomy

(NOTIFY IBCLC of Appt location/time)

### Knowledgeable Release Provider

Release of tethered oral tissues  
(Upper/Lower Lip, Tongue/Cheek Ties)

Dentist/ENT/sometimes  
Pediatrician/Midwife

Should REQUIRE a functional oral assessment and whole body assessment  
Formally diagnose restrictions & release w/optimal timing



## 4 Functional Feeding Re-Assessment

### IBCLC/SLP/Pediatrician Chiropractor/Osteopath/Myofacial Therapy

Follow Up Appointments w/ Care Team  
Reassessment of feeding  
Review of recommended stretches  
Review of healing process  
Continued home stretches & bodywork as needed  
Additional Appointments as needed





# Oral Restriction Symptoms



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Symptoms for Oral Restrictions can vary in degree and severity with each breast or chest feeding parent as well as each infant, child or adult. Likewise, symptoms may present differently earlier in life than in later life.

Oral Restrictions may also be referred to as a Tongue Tie (Ankyloglossia), Upper or Lower Lip Tie, Buccal Tie.

There may be a combination of restrictions or a single restriction creating difficulty for an individual.

For older children and adults, long term symptoms may present in other areas of the body and should also be considered before beginning treatment.

Assessment with a knowledgeable provider can assist in developing a care plan for Treatment options to include Pre and Post Frenectomy Care, Bodywork and choosing a team to help guide the process for each patient.

A care team can include IBCLC, Chiropractor, Osteopathic Physician, Speech Language Pathologist or Therapist, Myofunctional Therapist or Myofacial Therapist, Dentist or ENT along with your Pediatrician or Physician.

Tongue/ Lip tie releases or Frenectomies are not instant fixes, many babies need time to heal and become comfortable with the new movement of their tongue. Most families report that they see improvements within the first few days and complete healing within 6 weeks of the revision.

## Breast or Chest Feeding Parent

- Cracked/Abraded Nipples
- Compression of nipples or “lipstick” appearance following breastfeeding
- Plugged Ducts (often increasing in frequency)
- Mastitis
- Decreased milk supply after establishment
- Discomfort/Pain with breast/chest feeding
- Continued Breast fullness following nursing sessions

## Child to Adult Concerns

- Frustration with communication/ Speech Delays
- Difficulty with eating (textures such as mashed potatoes, meat)
- Choking or gagging on liquids or foods
- Spitting out food or packing food in cheeks
- Crowded, crooked teeth or high arched palate
- Frequent sinus/upper respiratory infections
- Frequent headaches, migraines or neck pain
- Grinding teeth
- Open mouth posture during daytime or with sleep
- Snoring- quiet or loud
- Jaw joint pain (TMJ- popping, clicking, pain)
- Enlarged tonsils or adenoids
- Recurrent ear infections
- Hyperactivity or inattention

## Infant or Toddler (past or present)

- Blistering of lips, often referred to as cobble stoning
- Central blister of top lip
- Frenum of top lip wraps or connects at gum line
- Frenum of tongue extends to tip (heart shape tongue)
- Shallow Latch
- Extended nursing sessions with hunger cues following (outside of growth spurts)
- Frequent nursing sessions
- Slow to gain or loss of weight
- Excessive gassiness or fussiness
- Loss of milk at the corners of the mouth or chin while feeding (breast or bottle)
- Clicking or smacking while eating

## Resources

- [Dr. Bobby Ghaheri, ENT](http://www.drghaheri.com)  
[www.drghaheri.com](http://www.drghaheri.com)
- [Dr. Scott Siegal](http://www.drscottsiegel.com/tongue_and_upper-lip-tie)  
[www.drscottsiegel.com/tongue\\_and\\_upper-lip-tie](http://www.drscottsiegel.com/tongue_and_upper-lip-tie)
- [Dr. Mikel Newman](http://www.drmikelnewman.com)  
[www.drmikelnewman.com](http://www.drmikelnewman.com)
- [Dr. Shelby Baxter](https://tonguetieal.com/tongue-ties/)  
<https://tonguetieal.com/tongue-ties/>
- [International Affiliation of Tongue Tie Professionals](http://www.tonguetieprofessionals.org)  
[www.tonguetieprofessionals.org](http://www.tonguetieprofessionals.org)

## Body Work

For many breastfeeding families, consulting with a knowledgeable care provider for body work can relieve tension in the upper body which may hinder optimal breastfeeding.

The providers listed here are a portion of those working with families locally. All are knowledgeable of the breastfeeding dyad, expectant and post-partum mother and infant.

Many are also knowledgeable of restrictive tethered oral tissues such as tongue, lip and buccal ties.

### Osteopathic Manipulative Medicine

- Southlake Dr. Jay Roop 817-416-0970 [www.ntxmsk.com](http://www.ntxmsk.com)
- Fort Worth Dr. Matthew Barker 817-618-2096 [www.mobile-osteopathy.com](http://www.mobile-osteopathy.com)

### Chiropractic

- Fort Worth Dr. Mark Scott 817-759-9255 [www.innerlightchirodfw.com](http://www.innerlightchirodfw.com)  
 Dr. Lindsey Gardner
- Fort Worth Dr. Rachel Whaley 817-297-0880 [www.chiropracticwellnesscafe.com](http://www.chiropracticwellnesscafe.com)
- Granbury Dr. Sharla Robertson 817-326-1174 [www.clearviewchiropractic.com](http://www.clearviewchiropractic.com)
- Grapevine Dr. Tara Connelly 469-223-8836 [www.sozochiro.com](http://www.sozochiro.com)
- N.R.H Dr. Kara Paeltz 817-259-1300 [www.citypointchiro.com](http://www.citypointchiro.com)  
 Dr. Justin Paeltz
- Roanoke Dr. Meng Sun 682-237-7442 <https://www.letsnexuschiro.com>
- Weatherford Dr. Darcy Goode 682-268-1483 [www.hqchirotx.com](http://www.hqchirotx.com)

### Cranial Sacral Therapy/Myofacial Therapy/Chiropractic

- Aledo Dr. Michelle Parker 682-214-0408 [www.thechiroplaceformommyandme.com](http://www.thechiroplaceformommyandme.com)  
 Dr. Leslie Hasbini  
 Dr. Kayla Ahlfinger
- Burleson Dr. Kristen Hosaka 817-426-0676 [www.burlesonhealth.com](http://www.burlesonhealth.com)

### Resources

- [All About Breastfeeding](#), The Good Life Learning, Dr. Lynn Gerner
- [Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants' Biomechanical Sucking Difficulties](#), Herzaft-Le Roy, et al.
- [Resolution of Inability to Latch, Breastfeed...in a Newborn Undergoing Chiropractic Care](#), Dr. Michelle Parker
- [Chiropractic Evaluation and Treatment of Musculoskeletal Dysfunction in Infants Demonstrating Difficulty Breastfeeding](#), Sharon Vallone, DC, FICCP
- [The Deep Front Line or Anatomy Trains](#)