

## **SELECTING A FRENUM RELEASE PROVIDER**

Many practitioners are not as aware as they could be about ramifications of a tongue tie/tether, so selecting your provider is critical. I concur with an expert in the lactation field, Michele Pilon, whose illuminating comments below can help you choose.

There are 7 Types Of Providers, when it comes to tongue ties:

1. The "Ties Don't Exist" Provider – These practitioners do not believe ties exist. They say things like "ties are a trend."
2. The "Ties Don't Affect Anything" Provider – These providers are willing to acknowledge ties exist in theory but see no need to revise them. They say things like "ties don't affect nursing or speech" and "ties are strictly cosmetic."
3. The "Ties Will Go Away in Time" Provider – also known as the "Wait and See" and "Trauma Will Solve That" Providers. These providers acknowledge ties exist and even that they can be problematic, at least in theory, but believe they will resolve themselves. They say things like "It'll stretch," "Wait until he's older" or "We can cut it when he gets braces," and the ever popular "It'll revise itself (tear) when she falls."
4. The "He Can Stick It Out Past His Gums" Provider – These providers only know about anterior ties. They believe that as long as a baby can stick their tongue out past their gums, they aren't tied. They have no idea what a posterior tie is or how to diagnose one. They also are unaware that all anterior ties have posterior ties.
5. The "I Can Revise That Under General Anesthesia" Provider. In this group are also the "Incomplete Revision" providers. These providers are the most damaging in my opinion. They mean well. They know ties exist. They understand ties can cause problems. And they want to help. Unfortunately, they have never been trained how to properly revise ties. They may know how to revise anterior tie but not the hidden posterior tie that exists with anterior ties. Or they know about posterior ties but don't know how to revise completely. They don't leave a diamond shaped wound. They don't know to keep releasing until no more white fibrous bands come forward. These providers may also believe general anesthetic is necessary for infants.

**6. The "Tongue Tie Experts" Providers – These are the rare gems who truly know about ties. They have sought out extra training to learn about ties. They understand how the tongue works when breastfeeding and speaking, how ties impact the entire body, what a posterior tie is and how to correctly check for one and how to revise a tie. They know anterior ties have posterior ties and most upper lip ties have posterior tongue tie. They know general anesthetic is unnecessary. They understand the importance of aftercare and bodywork. These are the "preferred providers." Desperate moms travel from all over to see these providers. They have training, skill, knowledge and experience.**

7. The "Revision Will Cure Everything Instantly" Provider – These providers are good at revising and will likely do a good complete revision like group #6. Some are even "preferred providers." However they don't recognize the interconnectedness of the body and how ties impact the entire body. They fail to realize that revision is just the tip of the iceberg. To achieve full success post-revision, muscle tension caused by compensating for the tie must be addressed. Proper latch must be taught for infants. High palate issues must be addressed. Success depends on a team approach. This can include bodywork, lactation experts, sometimes OT, speech therapists, dentists, myofunctional therapists, etc. depending on age and symptoms. It is up to us as parents to seek out aftercare if we see one of these providers.

Choose carefully.