

INTRODUCTION

WHY IS IT NEEDED?

WHAT IS A FRENUM?

A Frenum is a piece of soft tissue consisting of superficial elastic mucosa and facial connective tissue. There are seven common oral frenum:

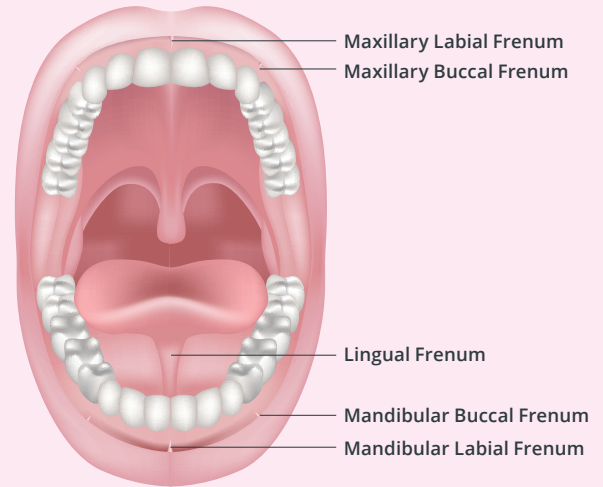
- ✦ Lingual Frenum
- ✦ Maxillary Labial Frenum (Superior)
- ✦ Mandibular Labial Frenum (Inferior)
- ✦ Right and Left Maxillary Buccal Frenum (2)
- ✦ Right and Left Mandibular Buccal Frenum (2)

WHAT IS A TOT?

“TOT” is an acronym for **Tethered Oral Tissues**, a typically congenital condition where an oral frenum(s) is too restrictive, preventing optimal oral function.

There are three types of TOTs:

- ✦ **Tongue Tie** (Ankyloglossia) – Restricted Lingual Frenum
- ✦ **Lip Tie** – Restricted Maxillary Labial Frenum or Mandibular Labial Frenum (Inferior)
- ✦ **Cheek Tie** – Restricted Buccal Mucosa



WHAT ARE THE EFFECTS?

Feeding:

- ✦ Infant Breast Feeding
- ✦ Baby/Toddler
 - > Struggle with texture
 - > Picky eater
 - > Choking
- ✦ Child
 - > Can't lick an ice cream cone
 - > Unable to get food out of their vestibules

Speech:

- ✦ Tongue scratches over lower incisors
- ✦ Gets tired when talking
- ✦ Pronunciation and articulation issues

Breathing:

- ✦ Mouth Breathing
- ✦ OSA

Dental Issues:

- ✦ Oral Cleaning – Using fingers to pick food out of teeth and mouth
- ✦ Can increase risk for caries
- ✦ High Palate

Social:

- ✦ Oral Cleaning – Using fingers to pick food out of teeth and mouth
- ✦ Can increase risk for caries