

Tongue-tied

New parents should watch for ankyloglossia and decide if surgery is needed sooner than later

SOT

Sarah Shoemaker, APRN

OSF HealthCare certified nurse midwife

"They just lift the baby's tongue and, with sterile scissors, snip [the tissue]. Then, immediately breastfeed [or formula feed if that's what mom has chosen] because the tongue is free at that point. Some providers will teach exercises to do with the baby so [the tissue] doesn't heal back and have to be snipped again later." (:27)

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"When done in the newborn period, it's a very simple procedure done while the baby is awake. If parents choose to wait and see how things go, it might have to be a procedure where the baby or child is put to sleep. So it's a little bit more involved." (:18)