

Symptoms of Tongue-Tie



Infants

Colic/excessive crying
Gassiness/fussiness
Gagging/spitting up
Reflux
Nursing abnormally often
Seems unsatisfied after nursing
Falling asleep quickly while nursing
Refusal to take bottle or pacifier
Slow weight gain/weight loss
Dehydration
Shallow latch/poor latch
"Clicking" sound while eating (breast or bottle)
Heart shape of tongue tip or dent in middle of tongue
Palate issues (very raised, narrow "bubble palate", affected gums (rainbow shaped)
Pain for you during nursing
Breast feeding issues (not limited to thrush, clogged ducts, mastitis, bleeding or cracked nipples, vasospasms, tell-tale "lipstick shape" after nursing)
Over-supply/under/supply (from babe not emptying breast completely)

Children/Adults

Sleep apnea
Snoring
Teeth gapping
Teeth movement/turning/crowding*
Premature tooth decay due to not being able to clean teeth properly*
Pain while brushing teeth
Speech issues (lisp, /r/ and /l/, phonological delays, avoiding talking, behind in speech)*
Imprecise articulation due to slow movement of tongue*
Speaking out of side of mouth*
Resonance issues (immature voice/sounds like a perpetual cold)*
Impacted self-esteem
Food & texture aversions
Holding food in mouth instead of chewing*
Affected smile
Jaw issues
TMJ*
Grinding of jaw
Facial tension (which can lead to body tension, especially in neck, shoulders and back)
Throat/Neck pain during talking/eating/chewing*
Migraines