

Tongue-tie

Also called: ankyloglossia

A condition that restricts the tongue's range of motion.

Very common

More than 3 million US cases per year



Treatable by a medical professional



Usually self-diagnosable



Lab tests or imaging not required



Chronic: can last for years or be lifelong

The condition is present at birth. A short, tight band of tissue tethers the tongue's tip to the floor of the mouth. It can affect how a child eats and speaks, and can interfere with breastfeeding.

Symptoms include difficulty sticking out the tongue past the lower front teeth or lifting it to the upper teeth, though many people have no symptoms.

The condition often resolves itself. If not, it can be treated with surgery.

Symptoms

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Can have no symptoms, but people may experience:

Common symptoms: reduced mobility of the tongue, breastfeeding difficulties, or speech impairment

Treatments

Treatment depends on severity

The condition often resolves itself. If not, it can be treated with surgery.

Therapies

Speech therapy: Formal treatment to help with speech and swallowing provided by a trained speech therapist.

Supportive care

Monitoring: Regular follow-up to evaluate for improvement.

Surgery

Lingual frenectomy: Surgical removal of the band of tissue connecting the tongue to the floor of the mouth.

Self-care

Breastfeeding: Feeding a baby with milk from the mother's breast.

Specialists

Pediatrician: Provides medical care for infants, children, and teenagers.

Speech therapist: Specializes in voice rehabilitation.

Dentist: Specializes in diseases of the oral cavity, especially the teeth.

Otolaryngologist: Treats ear, nose, and throat disorders.

Plastic surgeon: Reconstructs defective, damaged, or missing body parts.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. [Learn more](#)