



### **Specific challenges an adult with a tongue tie may face:**

- Clicking in jaws
- Pain in the jaws
- TMJ/clenching/bruxing (teeth grinding)
- Migraines/frequent headaches
- Protrusion of the lower jaws
- Burning sensation when elevating tongue
- Cannot reach back to soft palate with tongue
- Effects on social situations, eating out, kissing, relationships, appearance, speech
- Dental health: a tendency to have inflamed gums, and increased need for fillings and extractions. The high or bubble palate also changes the shape of the oral cavity, which can result in hindered dental development, ill-fitting teeth or too many to fit the space (ie if palate is high it will naturally make it narrower), overbite/under-bite, malocclusion or tongue thrust (the tongue protrudes forwards when at rest impacting on teeth)
- Acid reflux/indigestion/bloating/gas from incorrect chew/swallow mechanism and sucking in of air.
- Hiccups and burps while or after drinking/eating
- Snoring
- Sleep Apnea
- Waking up choking
- Cheek and/or tongue biting
- Neck/back pain/poor posture
- Need for repeated orthodontia
- Facial asymmetries
- Picky eater/conscious of food textures
- Last to finish meal/slow, careful eater
- Had delayed or impaired speech or speech therapy
- Mouth breather/sighs often
- Excessive saliva or drool (gleek)
- Constipation and related digestive issues