

ABSTRACT SUBMISSION FORM

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Exploring the role of sex and gender on health research



CHR D 2020: Abstract Submission Form

Submitter Name

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Title

Ankyloglossia release: a novel technique

Background

The benefits of breastfeeding for infants are well established and include: decreased risk of infectious disease, leukemia, obesity, diabetes, and asthma. Ankyloglossia (tongue-ties) are a major barrier to breastfeeding for infant- mother dyads. Different techniques currently exist for their treatment. The most common technique to treat tongue-ties is frenectomy with scissors that is frequently associated with significant bleeding and is performed without analgesia.

Objective

We describe a novel method to treat ankyloglossia that reduces these complications, and evaluate outcomes in our case series.

Methods

This technique requires a specialized bundling of the infant and application of topical anesthetic (tetracaine/lidocaine). The tongue and or lip is raised with a groove director and an optical cautery is applied to create the diamond shaped wound. We performed a retrospective chart review of all infants who have undergone the tongue-tie release from August 2019 to September 2020. The procedure was performed at the Winnipeg Breastfeeding Centre using a multidisciplinary approach.

Results

We treated 160 infants (54% male) with a median age of six weeks (range 1-20). Most infants were referred by a physician specialized in breastfeeding (87%). The risk of bleeding was <2% and there were no cases of infection. The technique provided the surgeon with more precision, fewer steps, and shorter procedure time. The dyads were then seen by a breastfeeding specialist that went through the post-operative exercises. There were no long-term adverse events or morbidity associated with the procedure.

Conclusion

We describe in this report the use of an innovative technique for treating ankyloglossia that is safe and effective. Introduction of topical anesthetic prevented neonatal pain. Secondary outcomes will be evaluated in a long-term follow-up study to assess the effects of this therapy on the maintenance of breastfeeding, including outcomes such as the use of a topical anaesthetic.

Theme:

Clinical

Do you have a table/figure to upload?

No

Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Residents

What was your role in the project?

all of the above

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