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### Understanding the terminology

<b>Lingual Frenulum</b>	(or Frenum) The mucous membrane fold found underneath the tongue
<b>Labial Frenulum</b>	Tethering under the upper lip – commonly referred to as a lip-tie!
<b>Genioglossus</b>	Tongue muscle
<b>Ankyloglossia</b>	'Stiff tongue' (Bent, crooked, stiff, fused, fixed, closed)
<b>Tongue-tie</b>	Ankyloglossia – limited tongue movement

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### Understanding the terminology

<b>Frenotomy</b>	Lingual frenotomy is a surgical procedure that divides the lingual frenulum (Baker, 2015)
<b>Frenotomy</b>	American
<b>Frenulotomy</b>	English
<b>Frenectomy</b>	The removal of the frenulum

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In 200 babies studied, all but one had an observable or palpable frenulum

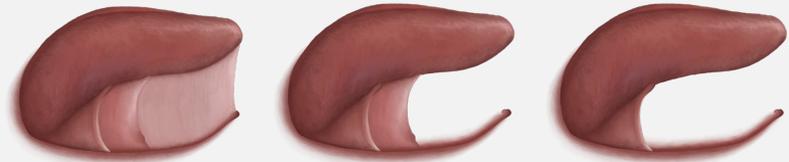
(Haham et al., 2014)

The key is to understand what is 'normal'



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Anterior V's Posterior!



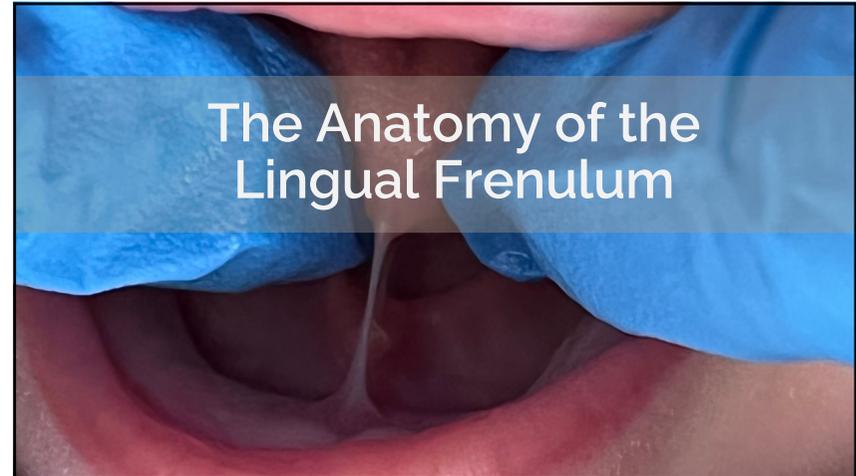
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Anterior V's Posterior!



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The Anatomy of the Lingual Frenulum



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## What does it consist of?

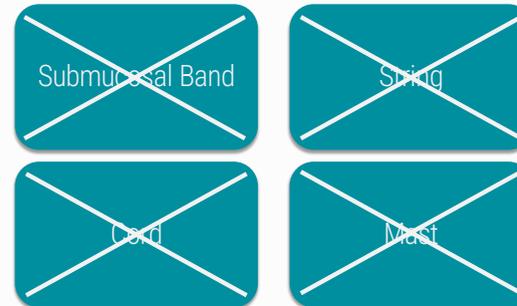
Mucous Membrane

Fascia ~ Connective Tissue

Genioglossus Muscle = Tongue Muscle

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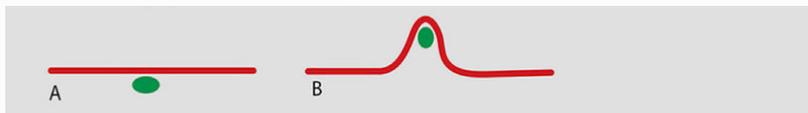
## Common terms



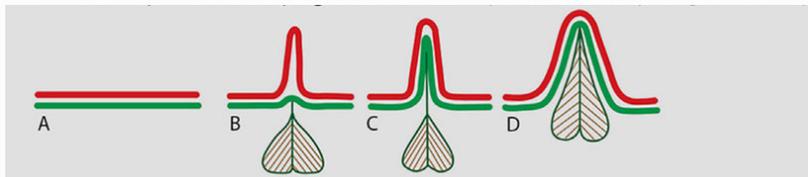
It is a midline FOLD of Fascia, not a Band!

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1. Presumed popular model of lingual frenulum structure: a submucosal band



2. New evidence based understanding of lingual frenulum structure:  
A fascial layer with overlying mucosa – with explanation for morphological variability



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Before

Post Frenulotomy



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**Referring for further support:**

- ~ Lactation Consultants of Great Britain  
<https://lgb.org/>
- ~ The Association of Tongue-tie Practitioners  
<https://www.tongue-tie.org.uk/>
- ~ The Association of Tongue-tie Practitioners Facebook group for parents and healthcare professionals  
<https://www.facebook.com/groups/ATPpublic>



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**Frenulotomy as a Magic Cure?**



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**Advanced Practitioner Training**

**Accredited Tongue-tie Assessor Award**

Understanding Tongue-tie:  
The Complexities of Definition and Diagnosis



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