

Assessment and release of tongue-tie, frenotomy, in Ottawa

General information:

- Scissors, laser or electro cautery may be used for the procedure; ask which method is used when you call.
- The primary care physician may be able to release the anterior part of the tongue using scissors. This is adequate for many though not nearly all tongue ties and is covered by OHIP. Dentists tend to release lip ties when identified, physicians do not but may if asked. For dental coverage see below.
- To prevent reattachment, exercises to open the released area should be completed by parents after the procedure multiple times per day. If you have not been given exercises, consult an International Board Certified Lactation Consultant (IBCLC).
- A consult with an IBCLC several days after the procedure is recommended to help resolve feeding problems.
- Consider that some babies may also need sessions with a craniosacral therapist following a frenotomy.
- Terms: Tongue ties involve the frenulum, labial frenulum for the lip, lingual for the tongue.

Physicians:

1. **Kilborn Medical**, 613-562-9000 and fax 613- 562-9898. Referrals from Doctors or Midwives only.
Infant will be seen at Montfort Hospital Outpatient Clinic on Tuesdays. No infants over 3 months.
Call to get an appointment usually in 1– 2 weeks. Dr. Scherer is one of 3 ENT's there. She does posterior tongue ties, does not do lip ties.
2. **CHEO ENT clinic** 613-737-7600 ext 3657 Nurse Diane
Referring health professional: LC, RN, or MD needs to send a fax first # 613-738-4222
It often takes 1-3 weeks or longer to get an appointment, or they may say to try an appointment elsewhere.
3. **Somerset West Community Health Centre** at 55 Eccles offers a Breastfeeding Support Drop-In Wednesday afternoon. Availability is limited to families within their catchment area or clients of the center. If a doctor is available during the drop-in hours, baby may be able to have the tongue assessed and clipped. Clients of the Center can also be seen at regular clinics for assessment and release. 613-238-8214 or 613- 238-1220 and ask for Hoa, IBCLC.

Dentists:

- Insurance companies generally accept dental claims for frenotomies, claim number is 77801. Families get most if not all back. Ask about cost and payment options.
 - Suggest speaking with an IBCLC to discuss which option may be best for you.
1. **Dr. Fayad** Chapman Mills Dental, 50 Marketplace Avenue, Unit 11, Nepean, Ontario K2J 5G3
Phone: (613) 823-4001; **Fax:** (613) 823-2930; **E-mail:** info@chapmanmillsdental.com
Does laser frenectomies, inclusive posterior tongue ties and lip ties. The cost is \$600.00.
 2. **Dr. Marina Polonsky** DDS Alta Vista Dental Clinic, **Phone:** 613-733-9737, 613-733-2645 1207 Evans Blvd Ottawa
www.avdentistry.com Does laser frenectomies.
 3. **Dr. Ken Crossman, dentist**, Hampton Park Dental, **Phone:** 792-4040, 1399 Carling Ave at Kirkwood in Food Basics Mall. Does laser frenectomies inclusive of posterior tongue ties. Cost approx. \$500.
 4. **Dr Bruce Beehler**, dentist, and partner Dr Ilias, 613-435-4340, 14-1250C Main Street, Stittsville. Does electrocautery. Dr Beehler's exam fee: \$129, Dr Ilias's exam fee: \$95. For both: frenotomy fee for lip \$204, for tongue another \$204.
 5. A) **Dr. Butterfield, pediatric dentist** in Kanata and dental surgeon at CHEO, 592-0233, fax 592-2333. He is one of four pediatric dentist/ dental surgeons along with Dr. Coussens, Dr. Kurcey, Dr. Biewald. Services at CHEO are covered under OHIP but can be seen at office, covered only with third party dental plan or direct payment. Dr. Butterfield clips newborns. Parents my self-refer but LC/Midwife/Physician referral preferred. He clips the tongue. Will see the next business day.

B) **Dr. Coussens** 737-2393 ext 1331, will take LC, Midwife, Physician referral. Will consult in office but does procedure at CHEO where he works one half day per week. Payment as for Dr. Butterfield.
 6. **Dr. J Newman**, dentist 613-744-3724, 595 Montreal Road.
 7. **Dr Théoret**, dentist, 613-744-4532, clips anterior ties with scissors.

Also see:

- Dr. Lawrence Kotlow <http://www.kiddsteeth.com/articles.html>
- Dr. Brian Palmer DDS www.brianpalmerdds.com/
- Dr. Jeanne Ballard MD <http://tonguetie.ballardscore.com/>
- Dr. Elizabeth Coryllos, MD, MSs, FAAP, FACS, FRCSc, IBCLC Catherine Watson Genna, BS, IBCLC Alexander C. Salloum, MD, MA, Congenital Tongue Tie and Its Impact on Breastfeeding
- Dr Bobby Ghaderi, How to assess a baby for ties, <https://drghaheri.squarespace.com/blog/2014/2/15/how-to-examine-a-baby-for-tongue-tie-or-lip-tie>
- Efficacy of Neonatal Release of Ankyloglossia: A Randomized Trial, Melissa Buryk, David Bloom and Timothy Shope, Pediatrics 2011;128;280; originally published online July 18, 2011; DOI: 10.1542/peds.2011-0077