

CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

# Exercises and Massage Post-Frenectomy for Infants with Tongue and Lip Tie: Clinical Effectiveness

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## Research Question

What is the clinical effectiveness of exercises and/or massage of the wound bed in preventing re-adhesion following tongue tie or lip tie release?

## Key Findings

No relevant literature was identified regarding the clinical effectiveness of exercises and massage post-frenectomy for infants with tongue and lip tie.

## Methods

A limited literature search was conducted by an information specialist on key resources including Medline, Embase, EBM Reviews – Cochrane Database of Systematic Reviews, and EBM Reviews – Health Technology Assessment searched through Ovid, CINAHL through EBSCOhost, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. The search strategy was comprised of both controlled vocabulary, such as the National Library of Medicine’s MeSH (Medical Subject Headings), and keywords. The main search concepts were post-frenectomy massage and tongue or lip tie. No filters were applied to limit the retrieval by study type. The search was limited to English language documents published between January 1, 2014 and May 6, 2019. Internet links were provided, where available.

## Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

**Table 1: Selection Criteria**

<b>Population</b>	Infants and newborns with tongue tie (ankyloglossia, tethered oral tissues [TOT]) or lip tie (superior labial frenulum)
<b>Intervention</b>	Exercises, oral massage (e.g. wound bed massage) post frenectomy
<b>Comparator</b>	No stretching or massage post-frenectomy
<b>Outcomes</b>	Clinical effectiveness (e.g., prevention of re-adhesion), harms (e.g., infection risk, oral aversion)
<b>Study Designs</b>	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies

## Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and non-randomized studies.

No relevant health technology assessments, systematic reviews, meta-analyses, randomized controlled trials or non-randomized studies were identified regarding the clinical effectiveness of exercises and massage post-frenectomy for infants with tongue and lip tie.

References of potential interest are provided in the appendix.

## Overall Summary of Findings

No relevant literature was identified regarding the clinical effectiveness of exercises and massage post-frenectomy for infants with tongue and lip tie; therefore, no summary can be provided

## References Summarized

### Health Technology Assessments

No literature identified.

### Systematic Reviews and Meta-analyses

No literature identified.

### Randomized Controlled Trials

No literature identified.

### Non-Randomized Studies

No literature identified.

## Appendix — Further Information

### Non-Randomized Studies

#### *Alternative Population*

1. Tecco S, Baldini A, Mummolo S, et al. Frenulectomy of the tongue and the influence of rehabilitation exercises on the sEMG activity of masticatory muscles. *J Electromyogr Kinesiol.* 2015 Aug;25(4):619-628.  
[PubMed: PM25979198](#)

#### *Case Reports*

2. Ferres-Amat E, Pastor-Vera T, Rodriguez-Alessi P, Ferres-Amat E, Mareque-Bueno J, Ferres-Padro E. Management of Ankyloglossia and Breastfeeding Difficulties in the Newborn: Breastfeeding Sessions, Myofunctional therapy, and Frenotomy. *Case Rep Pediatr.* 2016;2016:3010594.  
[PubMed: PM27688921](#)

### Additional References

3. Colorado Tongue Tie. Post surgery exercises. 2019;  
<https://www.coloradotonguetie.com/patient-resources/post-surgery-exercises>. Accessed 2019 May 13.
4. Tongue-tie and breastfeeding in babies eight days to six months old. London (GB): King's College Hospital, NHS Foundation Trust. 2018.  
<https://www.kch.nhs.uk/Doc/pl%20-%20634.4%20-%20tongue-tie%20and%20breastfeeding.pdf> Accessed 2019 May 13.  
*See: Preventing tongue-tie recurrence, pages 11-13*
5. Barber S, Oakley S. Letter to the Editor regarding “Does Postoperative Wound Massage Improve Outcome of Frenulotomy for Breastfeeding Difficulties in Infants?”...Slothouber Galbreath J, Fisher K, Patel S. Does postoperative wound massage improve outcome of frenulotomy for breastfeeding difficulties in infants? *J Hum Lact.* 2014;30(4):501. *J Hum Lact.* 2015;31(2):317-318.  
[PubMed: PM25869192](#)