

Stramt tungebånd

MARIE MOBERG
WILHELMSEN

VID

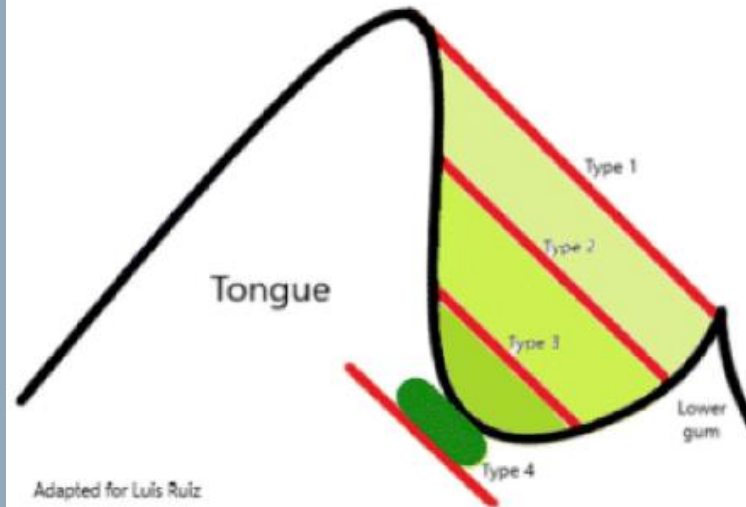
MAI 2025



Hva er et
stramt
tungebånd?

Coryllos gradering

GSF Coryllos' type of tongue-tie



Tilhører: Dansk støttegruppe for
stramt tungebånd

Hvordan kan vi vurdere om et barn har behov forbehandling?

TABBY Tongue Assessment Tool

	0	1	2	SCORE
What does the tongue-tip look like?				
Where it is fixed to the gum?				
How high can it lift (wide open mouth)?				
How far can it stick out?				

NEONATAL TONGUE SCREENING TEST Lingual Frenulum Protocol for Infants Martinelli, 2015

Name: _____

Birthdate: ____/____/____ Examination Date: ____/____/____

1. Lip posture at rest

() closed (0) () half-open (1) () open (1)

2. Tongue posture during crying

() midline (0) () elevated (0) () midline with lateral elevation (2) () apex of the tongue down with tongue lateral elevation (2)

3. Shape of the tongue apex when elevated during crying or elevation maneuver

() round (0) () V-shaped (2) () heart-shaped (3)

4. Lingual Frenulum

() visible () not visible () visible with maneuver*

*Maneuver: elevate and push back the tongue. If the frenulum is not visible, re-assessment is required at 30 days of life.

4.1. Frenulum thickness

() thin (0) () thick (2)

4.2. Frenulum attachment to the tongue

() midline (0) () between midline and apex (2) () apex (3)

4.3. Frenulum attachment to the floor of the mouth

() visible from the sublingual caruncles (0) () visible from the inferior alveolar crest (1)

Score 0 to 4: normal ()

Score 5 to 6: doubt () Re-assessment required in ____/____/____

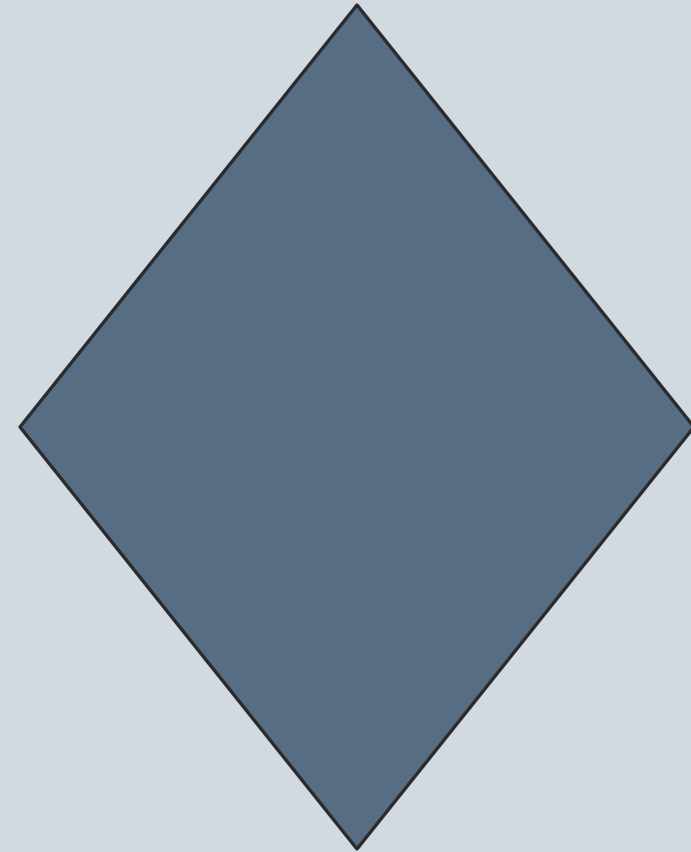
Score 7 or more: altered () Release of lingual frenulum is indicated.

Symptomer



Behandling

- Store forskjeller
- Veldig ulike meninger
- Desperate foreldre
- Tøying: skal, skal ikke?



Hva kan vi gjøre?

GOD
AMMEVEILEDNING!

STØTTE

KUNNSKAP

AMMEVEILEDNING

Kompresjoner

Vindusvisker

Tilbakeleent ammestilling

Hamburgergrep

Kopp/flaske/hjelpebryst