

The Oral Restriction Advocacy Sheet

Appointment Guide & Pediatrician Conversation Tool

How to use this guide: Print this sheet and check off the specific symptoms you are experiencing. Bring it directly to your provider appointment to communicate physical evidence and diagnostic terminology.

1. Observed Signs & Clinical Symptoms

In the Baby:

- ☐ A persistent "clicking" sound while nursing (loss of vacuum).
- ☐ Frequent milk leaking out of the corners of the mouth.
- ☐ A prominent blister on the baby's upper lip.
- ☐ Heart-shaped tongue tip visibly pulling back.
- ☐ Infant working excessively hard or fatiguing quickly.

For the Nursing Parent:

- ☐ Creased, flattened, or "lipstick-shaped" nipples post-feed.
- ☐ Severe toe-curling pain or chomp-like compression.
- ☐ Cracked, bleeding, blistered, or structurally damaged nipples.
- ☐ Deep, radiating breast pain or frequent recurrent clogged ducts.

2. Terminology & Discussion Framework

CLINICAL CONCEPT	WHAT TO HIGHLIGHT TO YOUR PEDIATRICIAN
Oral Function vs. Extension	Highlight that breastfeeding requires tongue elevation and cupping, not merely sticking the tongue out.
Posterior Tongue-Tie	Inquire explicitly about a submucosal or posterior restriction anchoring the back of the tongue down.
Ankyloglossia Evaluation	Request a complete digital examination (lifting with two fingers) rather than a visual check.
Collaborative Referrals	Ask for a direct referral to a Pediatric Dentist, an ENT, or an IBCLC trained in tethered tissues.

3. Personal Appointment Notes & Feed Observations

