



Adult Checklist for Tongue-Tie

- Mouth breathing
- Sleep apnea
- Headaches and migraines
- Teeth grinding
- Dry lips
- Back, neck or facial pain
- TMJ, clicking in the jaw, jaw pain
- Snoring
- Digestive Issues
- Cavities, gum disease, or halitosis
- High palate
- Small mouth
- Issues with food texture
- Reflux
- Choking on liquids
- Speech problems
- Heart shaped tongue