

Treatment Recommendations for Tethered Oral Tissues (TOTs)

Pre-Release of TOTs:

1. Comprehensive evaluation of TOTs and oral motor functions by an SLP/OT (trained in oral motor and/or TOTs)
2. At least 6 weeks of speech/feeding therapy (at least 60-minute sessions 1x/week)
3. Contact dentist/ENT for consultation and set up appointment for release of TOTs
4. Set up Craniosacral Therapy/Chiropractic care- At least 3 sessions:
 - Session 1: within a week prior to the release
 - Session 2: within a week after the release
 - Session 3: a week after the release

OR the number of treatment sessions chiropractor/CST recommends
5. Complete stretches/oral motor protocols at home 1-3x daily prior to release
6. See Craniosacral Therapist/Chiropractor for 1st session prior to release

Release of TOTs:

7. Go to dentist/ENT for release
8. Complete stretches/oral motor protocols within first 24 hours after release

Post-Release of TOTs:

9. Continue speech/feeding therapy sessions (at least 60-minute sessions 1x/week)
10. See Craniosacral Therapist/Chiropractor for sessions 2 and 3
11. Continue stretches/oral motor protocols at home 3x daily prior to release

Parent Checklist

	Weekly speech/feeding therapy sessions
	Contact dentist/ENT to set up consultation
	Set up date of release (dentist/ENT)
	Contact craniosacral therapist and/or chiropractor to set up sessions
	Set up 3 sessions of craniosacral therapy (1 before; 2 after)
	Complete stretches/exercises daily

Sunny Speech Inc.

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Recommended TOTs Professionals

Type	Name	Contact
Speech Therapist	Annika Suarez, MS, CCC-SLP, CLC (Tallahassee)	407-463-2541 sunnyspeechinc@gmail.com www.sunnyspeech.com
	----- Kelli Bell, MS, CCC-SLP (Crawfordville)	----- (850) 673-9214 kbellslp@gmail.com
Dentist	Dr. Shawn Hanway, DDS (Tallahassee)	(850) 666-5365 www.tallahasseeepediatricdentistry.com
	----- Dr. Gary Myers, DDS (Middleburg & Jacksonville)	----- (904) 505-2010 www.tooth2tooth.com
Craniosacral Therapist	Bunny Ferrall, OT (Marianna)	(850) 294-4465 btheripple@gmail.com
	----- Jodi Lawson, LMT (Havana & Tallahassee)	----- (850) 559-0080
Chiropractor	Dr. Rob Callahan (Tallahassee)	(850) 877-8980 www.healthsourcechiro.com
Lactation Consultant	Sarah Ward, IBCLC (Tallahassee)	(850) 764-5517 sarah@tallylactation.com www.tallylactation.com
Ear, Nose and Throat Doctor (ENT)	Tallahassee Ear, Nose and Throat (Tallahassee)	(850) 877-0101