The American Laser Study Club Presents

1.5 Hour Free Webinar

Nurse Practitioner's Guide to a multidisciplinary approach for treating ankyloglossia: lasers, lactation, and bodywork

Thursday, September 14, 2023, at 6:00 PM PDT (9:00 PM EDT)

Meet the Instructor

Cara Riek, DNP, RN, FNP-BC, IBCLC

My journey into lactation started with the birth of my son. Before he was born, I truly thought breastfeeding would be so simple and easy! Once he came earth side, I realized that breastfeeding and babies are complex and very emotional. There were times I felt lost in my journey and there were multiple occasions where I felt that the medical professionals who were supposed to be caring for me and my child were at odds with what I felt to be right. Not wanting another mother to experience the journey, I decided to change my career to working to care for, promote, and preserve the breastfeeding dyad.

Dr. Cara graduated from Arizona State University with a Doctor of Nursing Practice degree. She is a board-certified Family Nurse Practitioner in addition to having her IBCLC certification. Dr. Cara is also a Fellow and a Faculty member at the American Laser Study Club, a Breathe Institute Ambassador, and has additional training as a Certified Specialist in Orofacial Myology (CSOM). Dr. Cara very much enjoys helping families to reach their breastfeeding goals.

Introduction

Embark on an insightful journey with Dr. Cara Riek, a Pioneer Nurse Practitioner in the field of laser frenectomies, in this 1.5-hour complimentary webinar, "Nurse Practitioner's Guide to a multidisciplinary approach for treating ankyloglossia: lasers, lactation, and bodywork." This webinar is essential for nurse practitioners who are keen to enhance their understanding of tethered oral tissues and the impacts of tongue ties on infant suck and overall orofacial functionality. Learn about the intricate physiology of infant sucking, the critical assessment techniques for diagnosing lingual and labial ties, as well as the state-of-the-art laser procedures used in their release. In our complex medical world, proficiency in this area could drastically improve the quality of life for your patients, from infants to adults, and could be the difference between restricted functionality and optimal health.

Learning Objectives

The goal of an infant frenectomy is to establish proper eating/breastfeeding and breathing (suck-swallow-breathe) patterns. The goal of functional frenectomy in children, adolescents, and adults is to release the restricted frena and to restore, with the help of mandatory pre- and post-frenectomy Oro-Myofunctional Therapy (OMT), the mobility and functionality of tongue and lips for optimal breathing, speech, chewing, swallow, and posture. During this webinar, the attendees will learn about the following:

- Infant sucking physiology and how tongue ties impact infant suck.
- Current methods of clinical assessment, diagnosis, and treatment of lingual and labial ties.
- Reliable diagnostic criteria to screen babies for this condition.
- Bodywork and coordinating with other medical specialties.
- Consequences and benefits of using lasers to remove oral restrictions.
- Choosing the best laser wavelength for optimal results.

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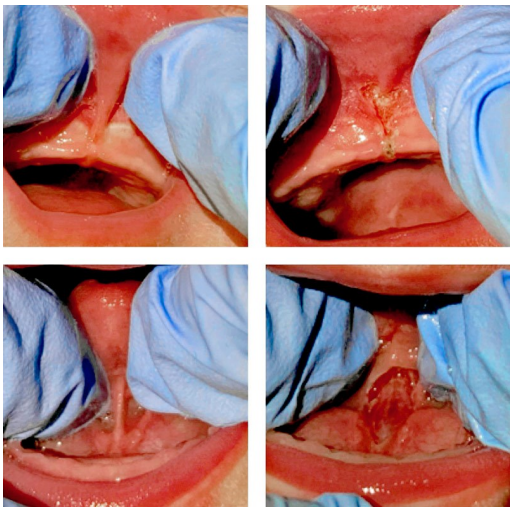

Example Case Studies

Tongue tie releases have revolutionized the experiences of both infants and adults, significantly impacting their overall quality of life. This procedure significantly enhances feeding efficacy in infants and breastfeeding, supporting healthier growth and bonding with the mother. For adults, releasing a tongue tie often results in a remarkable improvement in speech clarity, swallowing, and overall oral functionality, drastically increasing their range of movement and the comfort of everyday activities.