

Patient History

Baby Tom was born full term to a healthy mom, motivated to breastfeed. Tom had a poor latch, so a lactation nurse was asked to evaluate. She worked with mom, but breastfeeding continued to be difficult, resulting in progressively worsening pain with each experience. Mom became frustrated, upset, and worried about her milk supply. Their pediatrician suspected ankyloglossia (tongue tie), and referred them to Dr. Ricalde.

Treatment

Dr. Ricalde performed a lingual frenotomy (tongue tie release) in the office. Mom was able to be with her baby during the 10-second procedure, and was able to nurse him immediately afterwards.

Outcome

Mom noticed an improvement in Baby Tom's latch immediately. There was no pain, no need for medications, and mom was relieved that she could finally enjoy her breastfeeding experience.



Example of ankyloglossia (tongue tie)



Example of labial lip (lip tie)

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About Pat Ricalde, DDS, MD, FACS



Dr. Pat Ricalde is from Ann Arbor, Michigan. She completed her undergraduate training at Eastern Michigan University, then attended both dental and medical school at the University of Maryland in Baltimore.

She graduated magna cum laude and received numerous performance awards including the Academy of Dentistry for Persons with Disabilities Award, the American Association of Oral and Maxillofacial Surgeons Award and the Nathan David Gold Memorial Award. She was also inducted into the Gorgas Odontological Honor Society as well as the OKU Honorary Dental Society.

Dr. Ricalde continued her education in Oral and Maxillofacial Surgery at the prestigious University of Maryland and the UMD Shock Trauma Center, one of the best residency programs in the country. Her advanced training includes dentoalveolar surgery, dental implants, bone grafting, orthognathic surgery, head/neck pathology, craniofacial trauma, and reconstructive surgery.

She then completed a fellowship with Dr. Jeffrey C. Posnick, who is internationally renowned for the treatment of patients with cranial abnormalities. In addition to Board Certification, she is also the only Fellowship Certified Craniofacial Surgeon in the Tampa Bay area.

Dr. Ricalde is the author of numerous publications, and lectures both nationally and internationally on the subject of pediatric craniofacial anomalies. She is the lead investigator in research projects to improve surgical care for patients, and maintains academic affiliations with the Universities of South Florida and Maryland to educate future maxillofacial and craniofacial surgeons.

Dr. Ricalde has volunteered with many international non-profit organizations dedicated to providing surgical assistance to less fortunate patients with cleft lip/palate anomalies. She is also the Founder and Director of the Cleft and Craniofacial Team at St. Joseph's Children's Hospital, and holds privileges at most area hospitals.

August is National Breastfeeding Awareness Month

The Importance of Breastfeeding

The benefits of breast milk and nursing have long been championed by mothers and doctors. Today, even the U.S. Department of Health and Human Services hopes to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity. There are also health benefits for mom. Nursing can help speed recovery from pregnancy and childbirth, and may lower the lower risk of premenopausal breast cancer and ovarian cancer. It's no wonder so many health professionals, organizations and women make it a priority.

However, nursing is not always easy, especially during the first few days and weeks. Additionally, 1 in 700 babies in the U.S. is born with a cleft lip and/or palate. Other craniofacial differences can also make breastfeeding difficult. Thanks to technological advancements such as specialized bottles, support from doctors, educational resources and sheer determination on the part of parents, nursing a special needs infant can be a reality.

Florida Craniofacial Institute is proud to work closely with parents, pediatricians, and lactation consultants to make breastfeeding an enjoyable and beneficial experience for the whole family.



Benefits of Breastfeeding For Baby and Mom^{1,2}

- Fewer infections
- Reduced risk of chronic illnesses
- Less chance of SIDS²
- A leaner baby—and a leaner mom
- Faster recovery from pregnancy and childbirth
- Lower risk of some cancers
- Confidence boost for new mothers watching baby grow and develop
- Bigger calorie burn
- Environmentally friendly
- A customized food supply
- More vaccination protection
- Fewer sick days (healthier baby means less work missed for mom)
- A vacation from monthly menstrual cycle
- Free birth control (can be 98 to 99% effective, if a few general guidelines are followed)
- Faster familiarity
- Budget boost (formula costs can range anywhere from \$134 to \$491 per month!)
- Easier feeding for mom and baby (no bottles, formula to mix, etc)

According to a recent study published in the journal *Pediatrics*, the United States would save about \$13 billion per year in medical costs if 90 percent of U.S. families breastfed their newborns for at least six months. Even more important, because of breastfeeding's health benefits, as many as 911 infant deaths would be prevented.

References

1 <http://www.healthychildren.org/>

2 Breastfeeding and the Use of Human Milk, *Pediatrics*, 2012;129:e827; originally published online February 27, 2012; DOI: 10.1542/peds.2011-3552.