

Efectividad de la Frenotomía para Anquiloglosia en la Lactancia Materna. Revisión Crítica de la Literatura.

Effectiveness of Frenotomy for Ankyloglossia in Breastfeeding. Critical Review of the Literature.

Alejandra Alfaro¹, Macarena Garrido¹, Marion Arce²

RESUMEN

Objetivo: Identificar, según la evidencia, la efectividad de la frenotomía en la anquiloglosia para lactantes en el logro de un correcto amamantamiento. Mientras que, como objetivos específicos se encuentran, identificar las consecuencias de la anquiloglosia y/o frenotomía en madres y lactantes, describir las maneras de realizarla, considerando su pre y post operatorio, determinando la participación del dentista en el proceso.

Materiales y Métodos: Se realizó una revisión crítica de la literatura, en base de datos Scopus y PubMed. Los artículos incluidos fueron aquellos escritos en portugués, inglés o español con máximo 5 años de antigüedad, que estudiaban lactantes con anquiloglosia sometidos a frenotomía. Excluyendo revisiones sistemáticas y metaanálisis. Se evaluó no solo el tratamiento, sino también pre y post operatorio tanto en la madre como del lactante.

Resultados: Se obtuvieron 409 artículos, eliminado 138 por duplicados, seleccionando 26 tras los criterios de elegibilidad, 2 de ellos no estaban disponibles, por lo que, finalmente quedaron 24 artículos, siendo estudios tipo *in vivo* en humanos, principalmente de cohorte.

Conclusión:

La evidencia avala que la frenotomía es una intervención segura y efectiva, que permite generalmente mejorar la lactancia materna, beneficiando tanto al bebe como a la madre. Sin embargo, es fundamental la existencia de una herramienta diagnóstica objetiva que permita una intervención temprana, además de realizarse un trabajo multidisciplinario que incluya el entorno del lactante.

1. Pregrado, Facultad de Odontología Universidad de Valparaíso.
2. Cátedra de Periodoncia, Facultad de Odontología Universidad de Valparaíso.

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Correspondencia: Macarena Garrido

Correo electrónico:
maca.garrido14@gmail.com

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KEYWORDS:

Tongue-tie; Ankyloglossia;
Beastfeeding.

ABSTRACT

Objective: to identify, according to evidence, the effectiveness of the frenotomy in ankyloglossia for infants in achieving correct breastfeeding. While, as specific objectives are, to identify the consequences of ankyloglossia and/or frenotomy in mothers and infants, describe the ways to perform it, considering its pre and post-operative, and to determine the participation of the dentist in the process.

Materials and Method: A critical review of the literature was conducted using Scopus and PubMed databases. The articles included were those written in Portuguese, English, or Spanish with a maximum of 5 years of antiquity, which studied infants with ankyloglossia undergoing frenotomy. Systematic reviews and meta-analyses were excluded. It was not just treatment that was evaluated but also pre and post-operative, both in the mother and the infant.

Results: 409 articles were obtained, 138 eliminated in duplicates, selecting 26 after the eligibility criteria, 2 of them were not available, so that finally 24 articles remained, being in-vivo type studies in humans, mainly cohort.

Conclusion: The evidence supports that the frenotomy is a safe and effective intervention, which generally allows improving breastfeeding, benefiting both the baby and the mother. However, the existence of an objective diagnostic tool that allows early intervention is still essential, in addition to carrying out a multidisciplinary work that includes the study of the infant's environment.

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