

Care Pathways & *Assessment Options*

A complete overview of what we offer from infants to adults with updated fees.

Thank you for your continued referrals, self-referrals, and for the trust you place in our team to collaboratively support our shared patients. Your partnership means a great deal to us.

Across all pathways, our assessments evaluate structure, function, airway, and readiness for care within a collaborative model. Where indicated, myofunctional therapy remains a foundational component prior to surgical intervention.

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Infant and Littles Care

Newborn through to 12 months

Early intervention for feeding, tethered oral tissues, airway, and cranial development delivered within a coordinated team that includes lactation, bodywork, and pediatric providers.

Infant Functional Oral Assessment **\$190.00** (NEW Virtual Infant Functional Oral Assessment: **\$450.00**)

Newborn – 12 months (priority)

Comprehensive evaluation of feeding function, oral structure, tethered oral tissues, and whole-body tension. When indicated, same-day surgical release is available. Care is coordinated with your referring provider and the infant's lactation and bodywork team. We recommend Babylase during assessment. A ninni (\$30,) is an osteopathic pacifier used as a diagnostic habit training tool and is not included in the assessment fee but is required. Total fee: \$220. We are also now offering virtual 60-minute comprehensive assessments with Dr. Pada.

BabyLase (1064 nm Photobiomodulation for Infants) **\$200.00**

Newborn – 12 months (priority)

A gentle, non-surgical light therapy that supports tissue healing, reduces inflammation, and eases whole-body tension in the days and weeks after a tongue or lip release. BabyLase is delivered alongside standard post-release care and often pairs well with lactation and osteopathic support. Babies typically remain calm and integrated during and after the session

MamaLase (Photobiomodulation for Postpartum Mothers) **\$200.00**

For mothers in the feeding dyad (\$300 for MamaLase and BabyLase combination, \$150 each)

MamaLase is offered during infant visits as a deeply relaxing experience for mom. The primary focus is on calm and regulation — because babies are exquisitely attuned to their mother's nervous system. When mom settles, baby settles. Many mothers describe it as a rare moment of stillness in the early postpartum months, and it can support bonding between mom and baby as they share that calm state together. Mothers have also reported improvements in milk flow following MamaLase, and many appreciate it as a chance for their cells to receive a boost of energy during a season when their bodies are doing so much. It can also gently support tissue comfort along the way.

Surgical Releases

Fees vary based on each release site **BabyLase may be recommended or requested in follow-up appointments, \$200**

Surgical releases address tethered oral tissues that restrict your baby's overall function and limit feeding. When indicated, these releases can be completed on the same day as your infant's assessment. Each release is performed with gentle, attentive care and tailored to your own baby's findings. Pricing is per release: upper lip release \$550, buccal (cheek) release \$407, and lower lip release \$550. We will provide a treatment plan outlining your baby's individual advised surgical release of tethered oral tissues. We provide 2 no charge follow-up appointments to assess healing and stretching.

Neonatal ALF (NN-ALF) **\$1050.00**

Infants with narrow or vaulted palates

A proactive, osteopathic oral appliance for infants whose narrow or high-vaulted palates limit tongue-to-palate connection, even after tethered tissue care. Custom-designed from an impression of the infant's jaw and crafted by our trusted dental partners, the NN-ALF supports palate widening through the infant's own natural instincts to press the tongue upward.

May help address: chronic mouth breathing, reduced nasal passage size, down-turned eye corners, cheek pressure and dental crossbite, and lack of coordination between tongue motion and cranial development.

Prefabricated Oral Appliances **\$30-\$120**

Toddlers & young children

It is possible that your little one may be a candidate for various supportive oral appliances such as the Ninni, MyoChew and MyoMunchee. These devices are all components of **myofunctional therapy** and **preventive orthodontics**. They are used for oral motor support and neuromuscular repatterning to correct poor oral habits (like mouth breathing, low tongue posture, and incorrect swallowing) that lead to crowded teeth and improper jaw development.

Infant and Littles Care

12 months to 3+

Ages 1-4 are the most challenging age for us to support in airway development and swallowing care. We have the following options as an interim measure of care. Surgical releases can be possible for this age range; however, it is case by case and not guaranteed.

Infant Functional Oral Assessment \$190.00

Over 12 months: Additional \$93.70

Comprehensive evaluation of feeding function, oral structure, tethered oral tissues, and whole-body tension. When indicated, same-day surgical release is available. Care is coordinated with your referring provider and the infant's lactation and bodywork team. We recommend Babylase during assessment. A ninni (\$30, osteopathic pacifier used as a diagnostic habit training tool, is included in the assessment fee.

BabyLase (1064 nm Photobiomodulation) \$200.00

Ages 1-4

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May help address: chronic mouth breathing, reduced nasal passage size, down-turned eye corners, cheek pressure and dental crossbite, and lack of coordination between tongue motion and cranial development.

OraLase for Littles (Ages 1–4) \$200.00

Toddlers & young children

A warm, calming 1064 nm therapy for toddlers who aren't yet ready for surgical release. OraLase supports tissue mobility, circulation, and neuromuscular function — easing tension and supporting more coordinated breathing and swallowing patterns. Ideal for families looking for gentle first steps for a child who can sit willingly and wear goggles for approximately 15 minutes. Please have your little one practice wearing glasses or goggles to prepare for the appointment, as they are required for the duration of the procedure.

Prefabricated Oral Appliances \$65-\$150

Toddlers & young children

It is possible that your little one may be a candidate for various supportive oral appliances such as the MyoTalea and MyoChew (half arch/full arch). These devices are all components of **myofunctional therapy** and **preventive orthodontics**. They are designed to correct poor oral habits (like mouth breathing, low tongue posture, and incorrect swallowing) that lead to crowded teeth and improper jaw development.

Ages 4 Through Adult

Ages 4+ through adult - Assessment Options

MYOFUNCTIONAL & SURGICAL PATHWAYS

Myofunctional Therapy (OMT) Assessment **\$369.50**

2 hours

Full myofunctional assessment, diagnostic photos and video, and treatment planning.

OMT and Tethered Oral Tissue (TOT) Surgical Assessment **\$1,365.50**

3 hours — may be split into two sessions (2 hour MYO and 1 hour sessions)

CBCT with radiology report and Dr. Pada's interpretation, full OMT assessment, diagnostic records, case review, individual case assessment documents provided, and surgical diagnosis with Dr. Pada.

**Assessment only — separate fees apply for releases.*

Tethered Oral Tissues Surgical Assessment **\$1,096.00**

1 hour — for patients in active care with an external OMT

CBCT with radiology report and Dr. Pada's interpretation, diagnostic records, case review, individual case assessment documents provided, and surgical diagnosis with Dr. Pada. Releases are available on the same day

**Assessment only — separate fees apply for releases. See “Surgical Evaluations and Oral Restrictions Release Care” for additional information.*

Comprehensive Functional Oral Assessment **\$1,499.50**

3 hours

CBCT with radiology report and Dr. Pada's interpretation, full OMT assessment, diagnostic records (photos, video, capnography), comprehensive diagnosis, individual case assessment documents provided, and detailed care planning with Dr. Pada and team.

NON-SURGICAL LASER PATHWAY

OraLase (Photobiomodulation Treatment) and Assessment **\$268.40**

30 minutes

Limited new-patient exam to determine candidacy, followed by an OraLase treatment session.

Ongoing OraLase sessions: \$200 per visit.

COMPREHENSIVE FUNCTIONAL CARE PATHWAY

Comprehensive Examinations — A Whole-Body Approach **\$1499.50**

Most thorough pathway

Our comprehensive exams are about understanding each patient as a whole, not just their teeth. With CBCT imaging and a thorough clinical assessment, we explore how breathing, posture, cranial symmetry, and oral function connect. Looking at the full body in this way often uncovers patterns that help explain symptoms, and guides care in a way that feels more complete, supportive, and aligned with how the body is designed to function.

Ages 4 Through Adult

Ages 4+ through adult - Myofunctional, surgical, comprehensive and functional pathways.

Orofacial Myofunctional Therapy (OMT) \$150.00/per session

All ages 4+

OMT addresses how the muscles of the face, tongue, and cheeks work together to support breathing, swallowing, and oral function. Care begins with a comprehensive evaluation — including clinical photos and video, a detailed functional analysis, and a personalized treatment plan — designed to correct dysfunctional patterns and support optimal development and long-term health.

Surgical Evaluations and Oral Restrictions Release Care \$1096.00 + Release(s)

Same-day release available, fees are outlined in treatment plan including WoundLase in 2 required follow up appointments

We provide same-day assessments and surgical release of tethered oral tissues. Restrictions of the upper lip, lower lip, or buccal (cheek) tissues can affect function and overall comfort. Where indicated, release is performed on the same day as the assessment. Patients commonly report relief of eye tension and improved nasal breathing following these procedures.

Tongue releases require additional myofunctional and bodywork preparation above age 4. Because of the connection between the tongue and the airway — and the adaptive habits that form when tongue-tied — we do not perform tongue releases at an initial visit. Adequate tone, space, and functional training with our myofunctional therapist are required before a release can be performed safely. Tongue tie care is sometimes completed in two stages: one to allow range of motion for training, and another once the body and tongue are prepared. OraLase is required before every surgical release at the price of \$200.

Fees for releases vary:

Tongue: \$700.00

Upper Lip: \$550.00

Lower Lip: \$550.00

Buccals: \$407.00/set

Protocol: *Following surgical evaluation, patients will receive OraLase before any surgical releases.*

2 follow up WoundLase appointments are required. \$125.00/ea

Cone Beam Computerized Tomography (CBCT) \$724.00

Low-dose 3D imaging

We use cone beam CT imaging — a low-dose, 3D scan that gives us a complete picture of the upper airway, jaws, teeth, and surrounding structures in a single capture. The radiation dose is a fraction of a conventional medical CT, and the scan itself takes only seconds. As part of a surgical evaluation, the CBCT informs the best approach to each patient's healing journey.

Craniosacral Therapy (CST) \$130.00/hr

Light-touch nervous system therapy

Craniosacral Therapy (CST) is gentle bodywork can be beneficial for young children through to adults and helps support cranial mobility, nervous system regulation, and overall body balance. Our Craniosacral Therapist, **Alicia Spohr**, works with us on Mondays.

Laser & Photobiomodulation Therapies

1064 nm non-surgical light therapy · Er:YAG airway & tissue therapy

A core part of our approach is non-surgical laser therapy — used for tissue preparation, post-treatment healing, symptom relief, lymphatic drainage and nervous system support. These gentle, light-based treatments support cellular function and help reduce inflammation, often leaving patients feeling more comfortable, at ease, and regulated.

OraLase (1064 nm Photobiomodulation Light Therapy) \$200.00

Ages 4+ · Standalone or adjunct

OraLase supports tissue preparation, post-release healing, and whole-body integration. Patients often report the effects lasting several days initially; with consistent, closely spaced visits, benefits can build and extend over time.

Oncology Support (Xerostomia, Mucositis, Edema & Limited Mouth Opening) \$250-\$300

Adjunctive supportive care

For patients receiving or recovering from cancer treatment, 1064 nm Photobiomodulation offers supportive adjunctive care for common side effects: dry mouth (xerostomia), oral mucositis, reduced tissue mobility, limited mouth opening, and residual swelling or edema.

Photobiomodulation is increasingly recognized in the oncology supportive-care literature for its role in preserving salivary flow, easing mucositis severity, and supporting tissue comfort during and after head-and-neck radiotherapy. We deliver this care alongside the patient's primary oncology team, not as a replacement for it.

Referrals welcomed from oncology, ENT, SLP, and dental colleagues. We coordinate closely with the patient's cancer care team thoroughly and throughout their treatment journey.

PD Lase (Photobiomodulation for Gum Recession) \$300.00+/treatment

Areas of periodontal concern - \$200 OraLase + \$100 per quadrant (Surgical intervention may still be recommended)

For patients with areas of gum recession, PD Lase offers a non-surgical, 1064 nm approach to support tissue quality and comfort in affected sites. Care is paired with myofunctional therapy to address the underlying functional contributors to recession — such as tongue posture, swallowing patterns, and frenular tension.

Protocol: Minimum 3x 2 weeks apart · \$400 per treatment. Includes OraLase preparation of frenae at the sites of recession.

NightLase (Er:YAG Therapy for Snoring & Mild Sleep-Disordered Breathing) \$400.00/treatment

Adults · Non-invasive airway support (Surgical intervention may still be recommended)

A non-ablative Er:YAG laser protocol applied to the oropharyngeal tissues to support tissue tone and reduce snoring. A typical course involves three sessions over approximately two months, with results generally lasting up to a year. NightLase can be used on its own or alongside oral appliance therapy and CPAP.

Protocol: Minimum 3x 2 weeks apart · \$400 per treatment. Includes OraLase preparation of frenae at the sites of recession.

MarcCo Large (Photobiomodulation for Pain Management) \$250.00+/treatment

Adults Starting at \$250.00: \$200 OraLase + \$50.00 per area (Surgical intervention may still be recommended)

This handpiece uses low-level laser therapy to support pain relief and healing over larger treatment areas. It may help jaw pain and muscle tension, support nerve-related facial pain management, and aid recovery after oral surgery by reducing post-operative pain and swelling. This treatment is for pain management of head, neck, shoulders, and TMJ related concerns.

Individual results vary. Your provider will determine whether this therapy is appropriate for your treatment.

Protocol: Treatment timeline may vary based on location and needs. Expect 3-4+ treatments closely spaced

Also available: BabyLase (newborn–12 months) and MamaLase (postpartum mothers) — see *Infant Care* for details.

How to Come Prepared

A guide for patients and families arriving for their appointment

Please review this as a patient or share this with the patients you refer. Coming prepared helps us make the most of your time with us.

FOR INFANT VISITS

◆ Arrive with peace of mind

Our hope is that you feel welcomed and held, and that the time spent together feels unhurried and supportive. We aim to offer a comprehensive, conservative functional assessment, diagnosis, and recommendations, and to move at whatever pace feels right for your little one. Snuggles, feeds, and baby's cues always come first.

1. Before your appointment

- Please read our FAQ and watch both the BabyLase video and the post-operative stretches video.
- Bring pumped breast milk or formula — we may use supply during the procedure if needed.
- Begin practicing with your baby wearing goggles as we use goggles during the BabyLase treatment, and familiarity with this helps keep the baby at ease for the duration of the treatment.

FOR PATIENTS AGE 4+ AND ADULT VISITS

2. Dress for full-body clinical photos

- Please remove shoes, socks, and baggy clothing (hoodies, etc.) in preparation for clinical photos.
- Put your hair in a ponytail and tuck it away from your face.
- *We have hair elastics if needed!*

3. Arrive fresh and ready

- Please use the washroom and wash your hands before your appointment.
- Feel free to relax in the reception area until an assistant comes to bring you into treatment

3. Start your warm-up while you wait

- Begin your exercises by doing your PACES in the symme-tree room.
- Practice jumping on the trampoline (rebounder) with parent supervision — mouth closed, breathing through the nose.
- *Need a refresher on technique? Ask any of our staff.*

4. For myofunctional (OMT) patients

Please have your myo kit ready for the appointment. *Note: This is for patients actively in OMT

Resources & Collaboration

For our shared patients — and the practitioners caring for them

We love collaborating with the referrers in our shared patient care, and we believe that good information, thoughtfully shared, deepens what we can offer each family together.

Patient Resource — Tethered Oral Tissues

For patients and families seeking background information on tongue-tie and tethered oral tissues, HealthLink BC offers a helpful overview of what these conditions are, how they may affect function, and when a team-based assessment may be appropriate.

HealthLink BC — Tongue-tie and Tethered Oral Tissues:

healthlinkbc.ca/living-well/parenting/parenting-babies-0-12-months/baby-health/tongue-tie-and-tethered-oral-tissues

We Welcome Collaboration

Our work is strongest when connected with the lactation consultants, physiotherapists, osteopaths, chiropractors, speech-language pathologists, pediatricians, and dental colleagues who support our shared patients. Please reach out any time to discuss a case, coordinate care, or connect as colleagues in this work.

Thank You for Your Partnership

We remain committed to thoughtful, interdisciplinary care and clear communication as we support our shared patients. If you have any questions or would like to connect personally or with regards to a patient, we are always happy to collaborate and provide information if granted by the patient and/or patient's family where required.

Contact:

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