



## Pre/Post Frenectomy Exercises

“Spot” to be worn at minimum 3X/day but ideally all the time to practice tongue tip on the incisive papilla (behind upper front teeth, small oval silky patch of gum).

DRY THE INCISIVA PAPILLA WELL AND PRESS THE SPOT JUST BEHIND THE UPPER FRONT TEETH AND PRESS FIRMLY FOR 4 SECONDS. IF IT DOESN'T STICK, DRY AGAIN AND TRY THE OPPOSITE SIDE OF THE SPOT.

### **Do these exercises 2-3 times per day for 2-3 weeks pre/post-surgery**

1. **Tongue Propellers:** Do 10 clockwise, 10 counter clockwise  
-----Keeping lips closed and jaw neutral, use tongue to act as a propeller on the outside of your teeth
2. **Tongue Clicks:** Do 20 loud clicks
3. **Tongue Pushes:** Do 3 sets  
-----Pushing into right cheek, left cheek, trying to touch nose, trying to touch chin
4. **Wonder Bread Scrapes:** Do 10 holding jaw stationary (hold finger under chin if it's hard to remember)  
-----Open teeth approximately one cm and smile. Keeping jaw still, scrape tongue from “the spot” all the way back as if you are scraping Wonder Bread off the roof of your mouth. Practice while eating some bread if possible
5. **Practice getting a tongue suction:** Goal of 60 seconds
6. **Squishy Tongue:** Repeat 15 times  
-----Use the tip of the tongue to find “the spot” (behind upper front teeth) and fiddle with it. Chew the piece of gum and get it soft. Use tongue and teeth to roll softened gum into a ball. Position gum ball on center of the tongue and put the tip of the tongue on “the spot” and then press the gum into the hard palate with the tongue as hard as you can. Then look and see if the gum is flattened on the tongue surface.

***Lift tongue up and with a clean finger and trimmed nail, rub olive oil up and down and left to right across surgical site to prevent reattachment***

***For lip-tie release pull lip up firmly with both index fingers to expose surgical site repeat with olive oil, rub up and down and left to right across surgical site to prevent reattachment***