

## **POST-FRENULOPLASTY INSTRUCTIONS**

### **\*\*DAY 1-3 POST-RELEASE\*\*:**

***\*Lip exercises are to be started 1 day post-surgery.***

***\*Tongue exercises are to be started 3 days post-surgery under the advisement of your Myofunctional Therapist.***

***It is recommended that you do only gentle tongue movements for the first 3 days:***

1. Lift your tongue up to your front teeth with your mouth wide open
2. Move it side to side inside the cheeks
3. Trace the tongue back and forth along the palate
4. Elevate the tongue in suction hold.

***Avoid sticking the tongue out for the first few days to prevent tearing of the sutures.***

### **\*\*BEGINNING ON DAY 4-5 POST-RELEASE\*\*:**

#### **FRENUM STRETCH 2x daily**

Make sure you wash your hands before you start.

1. Wrap the tongue in gauze and pull the tongue outside the mouth upwards, downwards, outwards and to each side for at least 30 seconds or until there is a release of tension
2. Do some myofascial release in the floor of the mouth by using your pointer finger and pressing down into the floor of the mouth as you run your finger along the floor of the mouth from the last molar around to the midline. Repeat on the other side. No sharp fingernails if you do this!

#### **EXERCISES:**

##### **TONGUE CLICKS 1 min, 2x daily**

Click your tongue, trying to keep your mouth open at least halfway. The tongue should be moving, but the jaw should remain still and should not move up and down. After your frenectomy, work hard on opening your mouth as wide as you can while still making a good click sound (You should be able to open a lot wider than before!)

##### **PAINT THE CEILING 10 times, 2x daily (5 seconds back and 5 seconds forward=1)**

Open your mouth as wide as you can, and keep it open about the same amount the entire time. Start by pushing the tongue tip firmly to the spot. Then drag the tongue tip along the roof of the mouth as far back as you can go, while counting to 5, then bring the tip of the tongue back to the spot while counting to 5, as though you are "painting the ceiling" of your mouth!

##### **SUCTION & HOLD 3 (60 second) holds in a row, 2x daily**

Make your tongue "stick" to the roof of your mouth by creating a suction. It may help to start by making a "click" sound with your tongue to warm up. Open your mouth as wide as you can, keeping your entire tongue suctioned up. Remember to keep your cheeks back and the entire tongue inside of the upper teeth. Do not let the sides of the tongue droop down. Hold for the assigned amount of time. Relax. Repeat.

##### **LIP TRACE 5x each direction, 2x daily**

Start with your mouth closed and place your tongue in the middle behind your upper lip. Use the tip of your tongue to trace around the inside of your lips. Alternate clockwise and counterclockwise until you have done the assigned amount of time. Do not allow the jaw to move from side to side!!

**"Real Life" Practice Tip:** A proper tongue resting posture in the palate (anytime you are not talking, singing, eating or whistling) should be with the tongue tip anchored to the spot and the rest of the tongue lightly suctioned to the palate. Practice resting your tongue properly all day, and this will help contribute to the proper healing of the frenum.

**\*\*BEGINNING ON DAY 7 POST-RELEASE\*\***

**Do frenum stretches #1, 2 above and the 3 stretches below (continue with exercises above):**

3. Roll the frenum "like a booger" between your thumb and pointer finger all the way up and down
4. Forklift: Using your pointer fingers on both sides of the wound, press the tongue up and back as far as you can
5. Using your pointer finger on one side of the wound, press the tongue up and to the side on one side at a time, in the shape of an "x"

**Food recommendations:**

We recommend a diet of softer foods for the next 3 days. Avoiding any foods high in salt, acidity, or sugars.

**Pain Management:**

We recommend staggering [redacted] mgs of Ibuprofen with [redacted] mgs of Tylenol every 4-6hrs as needed for pain and discomfort.