



Lingual Frenectomy Post Operative Exercises

3 times a day

TONGUE AROUND THE WORLD

Move the tongue in a circle along the teeth. Keep the lips closed. Don't move the jaw. Begin with smaller circles around, build up to larger circles as tongue gets stronger.

5x in each direction (building up to 10x each direction), 3x/day.

LIP LICKERS

Lick the lips in a full circle, as if you are trying to lick off something sticky.

10x in each direction, 3x/day.

TONGUE CLICKS

Suction the tongue to the roof of the mouth, smile, and click the tongue down. Try not to move the jaw.

30 loud ones, 3x/day.

PEANUT BUTTER SCRAPES

Open the mouth wide. Place the tip of the tongue behind the top front teeth. Scrape backwards as far as possible, toward the throat.

10x, 3x/day.

TONGUE DRAGS

Same as the Peanut Butter Scrapes, but this time with the tongue suctioned to the roof of the mouth.

10x, 3x/day.

FRENUM MASSAGE

Suction the tongue to the roof of the mouth. Open as wide as possible. Then with 2 fingers, rub the frenum on both sides, from bottom to top. Try to rub as far back as possible. After 10 of these, massage 10 times on each side with one finger.

10 in the middle, & 10 on each side, 3x/day.

TONGUE PUSH UPS

Hold the lower jaw in place with one hand. Do not let it come forward. Open the mouth & extend the tongue out to a tongue depressor (or back of a spoon). Push as hard as possible.

Hold for 3-10 seconds. 15x Hold each 3-10 seconds, 3x/day.

After the first week, start on the new exercises listed below. Do these exercises for another 2-5 weeks.

TONGUE IN CHEEK

Push the tongue hard into the side of the cheek and hold.

10 times, 3x/day.

CAVES

Suction the tongue to the roof of the mouth. Open the mouth as wide as possible. Hold for 5-10 seconds.

10 times, 3x/day.

PENCIL PULL

Stick the tongue out and roll it over a pencil, or a chopstick. Then retract the tongue and roll it under the pencil/chop stick.

5 over, 5 under, 3x/day.

TONGUE PUSH-UP

Push the tongue against a tongue depressor or back of a spoon. Left, right, up, down, & out.

5x on all 5 sides, 3x/day.

GENTLE TONGUE PULL WITH GAUZE

Gently grab the tongue with gauze or tissue paper. Gently pull out and hold for as long as tolerated. Then gently hold it at each side for as long as tolerated.

3x/day.

FRENUM MASSAGE

Suction the tongue to the roof of the mouth. Open as wide as possible. Then with 2 fingers, rub the frenum on both sides, from bottom to top. Try to rub as far back as possible. After 10 of these, massage 10 times on each side with one finger.

10 in the middle, & 10 on each side, 3x/day.

WAGGLE-WAGGLE SPOT

Extend the tongue as far as possible from one corner of the mouth to the other corner, end with tip of tongue behind the top front teeth, or pointing down towards the chin.

10 times, 3x/day

LIZARD TONGUE

Extend the tongue as far as possible, holding for 10 seconds. The tongue should feel long and skinny like a lizard's tongue. Then with mouth open wide, touch the tip of tongue to behind the top front teeth.

10 times, 3x/day.