

### GUM CHEWING EXERCISES

Start the gum chewing exercises with 5 minutes of chewing 3 times per day. Increase every third or fourth day as follows:

- 10 minutes of gum chewing 3 times per day
- 15 minutes of gum chewing 3 times per day
- 20 minutes of gum chewing 3 times per day
- 25 minutes of gum chewing 3 times per day
- 30 minutes of gum chewing 3 times per day

Perform each level for 3-4 days. If there is any pain or discomfort with any of the levels, either reduce the time or discontinue and call the office for instructions.

Patient Signature

Parent/Guardian Signature