

## Oral Exercises and Wound Management Pre/Post-Frenectomy

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### Exercises for musculature of mouth:

**Exercises performed regularly (3-4x per day) before and after release greatly improve outcome!**

- TMJ massage and stroke to chin (2x per side)
- Smooch (2x)
- Sweep inside lips (1x all the way around)
- Cheek sweep (inside to bottom lip, inside to top lip, 2x each)
- Palate sweep (sweep across and hold at each side- back and forth 2x)
- Floor of the mouth release including base of tongue
- Viper

### Release site care:

**Perform every 4 hours (including at night) at least 1 week before and at least 4 weeks after release (longer, if indicated). The mouth heals fast and wants to quickly close the wound/diamond. The goal is to help the wound/diamond to heal in an OPEN state.**

**Lip:** Pull lip up until it meets resistance and wound is fully exposed. Best when baby is relaxed so lip is not tense.

**Tongue:** Place the index finger of one hand underneath the tongue at the top of the diamond. Then place the index finger of your other hand on the floor of baby's mouth with the middle finger on the chin. Then gently pull up on the tongue with one hand, while pushing down on the floor of the mouth and chin with the other hand, to fully extend the diamond. Hold it there for 1-2 seconds and then relax. The goal is to completely unfold the diamond so that it's almost flat in orientation (the sides of the diamond are the first place it will reattach).