



**LINGUAL  
PRE/POST  
FRENECTOMY  
EXERCISES**

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It is important to perform tongue shaping exercises and to provide a full range of movement. Exercises help prevent reattachment as well as strengthens the tongue. Tongue shaping exercises will allow the tongue to use a variety of muscles that you have never been freely able to use. It is recommended initially pre- and post-release the exercises be performed in front of a mirror.

**\*\*Failure to perform the exercises as prescribed may cause reattachment and additional revision may be necessary at additional cost.\*\***

<p><b>Pre-release:</b></p> <ul style="list-style-type: none"> <li>● 2x daily (minimum) daily approximately 1-2 weeks prior to surgery</li> <li>● Some exercises may be difficult to perform due to the tie but familiarity of the exercises is important to determine the patient's ability to follow instructions.</li> <li>● The exercises prescribed by our team are to prevent reattachment.</li> <li>● Additional exercises may be prescribed by your Speech &amp; Language Pathologist (SLP) or Orofacial Myofunctional Therapist (OMT) to facilitate speech or other goals you may have set out with them.</li> </ul>	<p><b>Post-release:</b></p> <ul style="list-style-type: none"> <li>● 4-6 times daily for 4-6 weeks as instructed by the dentist.</li> <li>● One week post-operative assessment is recommended</li> <li>● Weekly photo updates may be necessary.</li> <li>● Weeks 3-6 exercises may be reduced to 2-4 times daily as discussed with the dentist or SLP/OMT. Some patients may require exercises longer than 6 weeks.</li> <li>● Additional exercises may be prescribed by your SLP or OMT to facilitate speech or other goals you may have set out with them.</li> </ul>
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<p><input type="checkbox"/> <b>Diving Board:</b> (10x) Point tongue straight out of mouth using a pointy tongue and then retract to back of mouth</p>	<p><input type="checkbox"/> <b>Suction:</b> Suction tongue to roof of mouth as if ready to release to make a "click" sound but don't release. Hold the suction for 10 seconds while jaw is dropped then release suction to produce the "click".</p>
<p><input type="checkbox"/> <b>Cheek Poke:</b> (5x each side). With lips pressed together, push tongue against inner left cheek (hold 10 seconds), repeat for other side.</p>	<p><input type="checkbox"/> <b>Lick Around:</b> (5x each) slowly lick substance (ice cream, pudding, etc.) off upper lip circling around right to left and continuing over lower lip to return to start.</p>