



ASHBURN
Children's Dentistry
All aboard for healthy smiles

Post-operative Exercises for Laser Assisted Lingual Frenectomy Procedure (Tongue-Tie Release)

The purpose of post-operative exercises

1. Develop new muscle movements, particularly those involving tongue-tip elevation and protrusion, inside and outside of the mouth.
2. Encourage tongue movements related to cleaning the oral cavity, including sweeping the insides of the cheeks, fronts and backs of the teeth, and licking right around both lips.
3. These exercises are not designed to improve speech. Please consult a speech-pathologist for child specific speech impediments.

Exercises

Perform the following exercises, in any order, once or twice daily for 3 or 4 weeks post-operatively. *Repeat each exercise 3-5 times in both directions.*

Have a torch and a hand mirror handy. Make these exercises fun!

1. Stretch your tongue up towards your nose, then down towards your chin. You can vary this exercise and make it more interesting by putting a dab of food in various positions above the top lip, to be retrieved with the tongue tip. This game is called "elephant tongue" ☺.
2. Open your mouth widely. Touch your big front teeth with your tongue with your mouth still open. FEEL how tough your teeth are!
3. Look in the mirror. Still with your mouth open wide, say dar-dar-dar, now say nar-nar-nar, now say tar-tar. Look in the mirror to see what your tongue is doing.
4. Lick your top and bottom lips from one side to the other. Repeat in the opposite direction.
5. Poke your tongue out as far as it will go. Try to go in-out-in-out-in-out with your tongue.
6. See if you can make your top lip fat without opening your mouth.
7. Try to make a lump on one side of your cheeks without opening your mouth. Do the same on the other side.

For additional questions please contact your pediatric dentist at

**Ashburn Children's Dentistry
44025 Pipeline Plaza
Unit 1-225
Ashburn, VA 20147
Phone: (703) 723-8440 • Fax: (703) 723-8443**