

Paul Rubin, DDS

David Sentelle, DMD, PhD



## Home Exercises after your Child's Laser Lip/Tongue Tie Release

- Note- the Purpose of the stretching exercises is to ensure that when the new frenum attaches it heals with increased function. We highly encourage you to approach these exercises in a positive manner as your baby can sense all that you do. Your technique and demeanor are of equal importance.
- Please do one round of exercises before bed on the day of the procedures. On the following day, you may start the stretching listed below. Consistency is the key. Do not exceed more than 6 hours between stretches
- We advise doing the follow exercises **4-5 times a day for up to 6 weeks.**
- Please make sure and properly wash your hands every time before placing them in your infant's mouth.

### Exercises: (each exercise is kept brief and short around 5 seconds each)

- 1) Protrusion
  - a. gently rub from base of nose to top of lip causing your infant to protrude his tongue
- 2) Lateralization
  - a. Take finger and gently trace around lips and allow your infant to track your finger
  - b. Gently rub from back of gum on one side to opposite side of gum also allowing tongue to track.
- 3) Suck Swallow
  - a. Place your finger to the first knuckle to allow your infant to play tug o war with your finger
  - b. This helps with desensitizing palate and gag reflex
- 4) Functional lifting
  - a. Take finger and roll the lip up
  - b. Take finger and roll tongue up by *taking the index finger from both hands simultaneously and pushing with both index fingers in a down and back under tongue directly into open frenum and then gently lifting the tongue up and pushing the newly released frenum back as well.*