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## INFANT FRENECTOMY EXERCISES

**PURPOSE:** To ensure that when the new frenum attaches and 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 following 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. Tug-O-War
  - a. Place your finger to the first knuckle to allow your infant to play tug-o-war with your finger by sucking
  - 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