| Name: | Date | 2 | | | | | | Next \ | Visit: | | | | | |
|--|---------------|-------|-------|--------|-------|----------|----|--------|----------|-------------|----------|--------------------|------------|---|
| Week: | _ | | | | | | | | | | | | | |
| Frenectomy Follow Up Exercises Day 1to | o 7 Monday | Tueso | lav V | Vednes | dov | Γhursday | IF | riday | Q | aturday | . (| Sunda | T 7 | |
| Wagala Crast 10v. 2v. nov. day | Monuay | Tueso | iay v | veunes | uay . | Hursuay | F. | riuay | <u> </u> | aturuay | <u> </u> | ounua _. | <u>y</u> | _ |
| Waggle Spot 10x 3x per day (Tongue from corner of mouth to corner of | . | | | | | | | | | | | | | |
| mouth 5 x and then spot) | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Waggle Flap 10x 3x per day (Tongue touch upper and lower lip) | | | | | | | | | | | | | | |
| (Tongue touch upper and lower np) | | | | | | | | | | | | | | |
| Tangua Dang 20st 2st non-day | | | | | | | | | | | | | | |
| Tongue Pops 20x 3x per day | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Linand 25 - 2 - non day | | | | | | | | | | | | | | |
| Lizard 25x 3x per day | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | |
| YOU MUST MOVE YOUR TONGUE! | | | | | | | | | | | | | | _ |
| TOO MOST MOVE TOOK TONGOE. | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Rinse with warm salt water and dab on | | | | | | | | | | | | | | _ |
| Vitamin E oil, 40,000 IU's | | | | | | | | | | | | | | |
| , ramin 2 on, 10,000 to 5 | | | | | | | | | | | | | | |
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| Name: | Date/Time: | Next Visit: |
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| 1411101 | 2 400/ 111100 | 1 (0120) 15100 |

Week: Follow up Exercises Day 7 to 14 Post Surgery Frenectomy

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---|--------|---------|-----------|----------|--------|----------|--------|--|
| Jaw Breaker 25x 3x per day Push tongue into cheek | | | | | | | | |
| Caves count to 10 10x 3x per day Make a vacuum seal up to the hard palate | | | | | | | | |
| Pencil Pull count to 5 over and under penc and resist May use a chop stick | il | | | | | | | |
| Peanut butter rub 25x 3x a day | | | | | | | | |
| Tongue depressor push-up Count to 5 on 5 sides 3x a day | | | | | | | | |
| Tongue Point and Trace 10x 3x a day | | | | | | | | |
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