Name: Date Next Visit:

Week:

Frenectomy Follow Up Exercises …Day 1to 7

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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| 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 Pops 20x 3x per day |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lizard 25x 3x per day |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| YOU MUST MOVE YOUR TONGUE! |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rinse with warm salt water and dab on  Vitamin E oil, 40,000 IU’s |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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Name: Date/Time: Next Visit:

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

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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| 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 pencil and resist May use a chop stick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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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