

## TDSS Tongue Exercises for Patients having a Lingual Frenectomy

Use these exercises for 2-3 weeks before surgery and 2-3 weeks after surgery. Start the exercises several hours after surgery but do not be quite as aggressive with them on the first day.

- Move the tip of your tongue from side to side touching the corners of your mouth and beyond.
  - 20 reps 3x/day
- With your mouth comfortably open as far as you can, touch the area behind your two upper front teeth with the tip of your tongue.
  - 10 reps 3x/day
- Place your tongue to the top of your mouth and snap your tongue back making a “popping” sound.
  - 20 reps 3x/day
- Extend the pointed tip of your tongue out of your mouth comfortably as far as you can and pull it back. Make sure the point does not touch your lips.
  - 20 reps 3x/day
- While comfortably open as far as you can, touch the top of your mouth with your tongue and move it backwards towards your throat.
  - 20 reps 3x/day
- Rinse with warm salt water frequently and use Vitamin E oil 40,000 IUs. You may also use extra virgin coconut oil as a mouth rinse.
  - Minimum 3x/day