

## Stretching Exercises:

Stretching the tissues post procedure is important to ensure that the tissues heal in a way that provide the most motion and flexibility. Consistency with the stretching protocol is equally important as your technique. Being at bed time the night of the procedure please begin stretching the tissues as directed below:

### Stretching Protocol:

Stretch and massage the area  
10-15 seconds 4 times a day for  
4 - 6 weeks

#### Labial (Lip) Frenum



1. Wash hands thoroughly before proceeding.
2. Use the index finger and the thumb from both hands the lift the lip up and backwards. It should touch the nose.
3. Hold this position for 10-15 seconds
4. Use the pad of your finger to massage the area. Rub gently and deeply into the fold of the lip for 10 seconds.

#### Lingual (Tongue) Frenum



1. Wash hands thoroughly before proceeding.
2. Use the index finger to gently place your fingers at the edge of the healing site. Push deeply into the "squishy" or soft portion of the mouth. The other fingers may need to press down on the chin to help the child remain open.
3. Lift the tongue up and down from this position for 5 repetitions.
4. Use the pad of your finger to massage the area. Rub gently and deeply into the soft portion of the mouth for 10 seconds.

Please be aware that the healing patch is white and diamond shaped. This is the wet scab and will form after the first day. This is a safe and normal, although variations are sometimes seen as a yellow, green or grey. The healing patch will generally grow until the first week is over, and then it will begin to fade up through week three. It is very important to massage and stretch the healing area even if it bleeds occasionally. If stretches are not routine for at least 4 weeks, the patient may get adhesions and the procedure may need to be repeated.

**Thank you for choosing us to care for your child! We wish you and your baby the fastest and easiest of recoveries. Please call if you have any additional questions or concerns, at 214.484.3199.**