



London Tongue & Lip Tie Network

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Preoperative Instructions for Tongue Tie Release

These exercises are important to do before the release in order to bring our attention to how these muscles should be used. It is also very beneficial that you develop a daily habit so we know you will continue to do them after the release is done.

Postoperatively these stretching exercises are recommended to prevent reattachment and the need for additional revisions. Please complete the following stretches 3 times daily for at least 2 weeks.

1. Click your tongue 30 times as quickly as possible.
2. Lipstick: With mouth wide open trace the outer edge of the lips with the tongue. Do this 5 times, keeping the chin as still as possible (use your thumb to keep your chin still, if needed).
3. Turtles: Extend the tongue out as far as it will go to a count of 5 (use your pointer finger to aim for, keep the tongue as straight as possible).
4. Jawbreaker: Push the tongue firmly into each cheek to a count of 5. Repeat each side 5 times.
5. Peanut butter: Imagining you have sticky PB on the roof of your mouth, firmly and quickly rub the whole surface of your tongue back and forth on the roof of your mouth; freeze your tongue at *the spot*/"N" position as firmly as possible against the roof of your mouth and suck in. Hold for 30 seconds You should see the belly of the tongue elevate and the frenum exposed ("string in the cave"). Can the tip of your tongue touch your uvula?
6. Click-Click-Close: With your mouth wide open, quickly click your tongue twice against the roof of your mouth. Immediately close your mouth with the teeth lightly touching, the lips tightly sealed and the tongue against the roof of your mouth. There will be no air spaces anywhere in the mouth. This teaches you where to place the back of your tongue to close the airway when swallowing.
7. Patty-Cake: Say PUH-PUH-PUH. Say TUH-TUH-TUH. Say KUH-KUH-KUH. Say PA-TTY-CA-KE (three times). This teaches lip seal and brings an awareness to tongue posturing on the roof of the mouth and improves mobility.
8. Gargling: Channel your inner Chewbacca and make a high pitched and then a low pitched gargling sound. Feel the vibration on the roof of your mouth with the high pitched gargle and then deeper in the throat with the low pitched gargle. This is to make you aware of and to strengthen the muscles at the back of the throat to have better control when swallowing.

Please review the document "Postoperative Instructions for Tongue Tie Release" in advance of your surgery to ensure you have all pain management options on hand. See you soon!