Stretching Exercises after Frenectomy

Can begin the day after the procedure. 3 times a day for 4 weeks. Stretch and hold for five seconds each time. Massage for 10 seconds, 5 seconds in each direction.

Labial Frenum (Lip)
• With clean hands, grasp the upper lip and lift up and back towards the nose.
• Hold the position for 5 seconds.
• Use your index finger to sweep side to side (5x) and up and down (5x). Be sure to engage high into the fold under the lip.

Lingual Frenum (Tongue)
• With clean hands, place index fingers on the left and right side of the healing diamond. Be sure to apply pressure so that the tissue compresses.
• Use the other fingers to push the chin down.
• In this position, lift the tongue up and down five times.
• Gently massage the diamond up and down, side to side 5 times.

Post Procedure Stretches are the Key to an Optimal Result!!

Healing occurs underneath the healing diamond. Be sure to press against it to disrupt the healing. The white diamond will shrink every day, but the healing process is still occurring underneath. You must continue the stretches as the new frenum forms to make it as long and flexible as possible, and to help prevent the surgery from being repeated.