

Important pre/post frenectomy exercises to strengthen oral muscles and loosen body:

Avoid ALL pacifiers, swaddling, seats, swings, bouncers, etc... baby should be held, worn or on floor/flat safe surface in different positions to help body open up and decrease tension

Facial/oral exercises, 5 reps of each, work on at least 3x/day, here are 2 example videos:

<https://youtu.be/5ZshdrbQf-g>

<https://youtu.be/CoN3I-5NDrE> (For Older Baby)

Guppy stretch 1-2 minutes at a time 3-5x/day as tolerated:

Please see below links for how to perform guppy stretches. We recommend doing these prior to each feed, before doing the stretches.

You can perform guppy stretches as much as you like before the procedure however, we do recommend that you wait until a week post procedure before resuming the guppy stretches:

https://www.youtube.com/watch?v=J-ke-h7_zUg

<https://www.instagram.com/reel/Cgi0CPrFMBe/?igshid=MDJmNzVkMjY=>

<https://www.instagram.com/p/CRrKN4sqnj8/?igshid=MDJmNzVkMjY=>

Inclined or flat tummy time with arms forward and hands together for 3-5min 3x/day:

<https://www.youtube.com/watch?v=Mud8cjWHyII>

Baby may benefit from continued bodywork such as peds chiropractic care 1-2x/week until releases then 1-2x/week after for 4ish weeks. Usually 2x/week after for the first 1-2 weeks then 1x/week remaining time until 4 weeks post op.

Baby may benefit from consultation with Dr. Jude Crutchfield regarding oral restrictions and functional limitation AFTER at least 2 weeks of home exercises and bodywork.

Frenectomy Resources:

<https://www.michalechatham.com/blog/tether-berg-or-tether-floe>

<https://www.drghaheri.com>

<https://www.thebreatheinstitute.com>

California Tongue Tie and Lip Tie Support Group on Facebook

Follow up as needed OR let me know in advance if you have an appt for tie releases so we can have follow up scheduled ahead of time for 1-3 days post procedure.