

POST-FRENECTOMY

DAY 1-7 (INTENSIVE PHASE)



TOTAL CARE
DENTAL & WELLNESS

TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WAGGLE SPOT TONGUE TO R THEN L; R THEN L CORNER OF MOUTH COUNT OF FIVE THEN TO THE SPOT 10X 3X/DAY							
WAGGLE FLAP TONGUE TO NOSE, THEN CHIN 10X 3X/DAY							
TONGUE POPS BIG SMILE 20X 3X/DAY							
SNAKE PROTRUDE TONGUE OUT, THEN IN 25X 3X/DAY							
NECK STRETCH DOWN COUNT TO 10, 10X 3X/DAY							
SPOON/FORK TICKLE 2X 3X/DAY							
MOVE YOUR TONGUE							
RINSE WITH WARM SALT WATER AND DAB ON VITAMIN E OIL, 40,000 IU'S							