

POST-FRENECTOMY

DAY 8-14 (INTENSIVE PHASE)



TOTAL CARE
DENTAL & WELLNESS

| TECHNIQUES | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| JAW BREAKER PUSH TONGUE INTO CHEEK 25X 3X/DAY | | | | | | | |
| CAVES SUCTION THE TONGUE TO THE PALATE COUNT OF 10, 10X 3X/DAY | | | | | | | |
| PENCIL (OR CHOP STICK) PULL TONGUE OVER THEN UNDER THE PENCIL, COUNT OF 5, 10X 3X/DAY | | | | | | | |
| PEANUT BUTTER RUB RUB PALATE TO REMOVE IMAGINARY PEANUT BUTTER WITH TONGUE 25TIMES 3 X A DAY | | | | | | | |
| TONGUE DEPRESSOR PUSH-UP (SINGLE SIDE) PUSH TONGUE WITH DEPRESSOR INTO TIP OF THE TONGUE, PUSH IN AND UP WITH RESISTANCE | | | | | | | |
| TONGUE POINT AND TRACE STICK OUT TONGUE INTO A POINT AND COUNT TO 10, THEN PLACE TIP UP TO PALATE AND TRACE BACK TO THE SOFT PALATE 10X 3X/DAY | | | | | | | |
| ALWAYS MOVE TONGUE | | | | | | | |