



Lip Release Stretches

Lip licks: (can begin a few hours after)

- to be completed 4-6 times per day for 3 weeks
- place lips together, then run tongue in between the teeth and lips 3x in one direction and then 3x in other direction; repeat for 30 seconds
- **DO NOT DO THIS EXERCISE IF A TONGUE RELEASE WAS DONE SAME DAY**

Lip lifts: (can begin a few hours after)

- to be completed 4-6 times per day for 3 weeks
- lift lip up towards nose (upper lip) or pull lip down towards chin (lower lip) and hold for 3 seconds ; repeat for 30 seconds

C-Stretch Massage: (wait to do until the evening of the release)

- to be completed 4-6 times per day for 3 weeks
- best to complete right after the lip lift
- use a clean or gloved finger to scoop in a c-shape motion from the base of the wound up on the upper lip or down on the lower lip

Lip puffs: (wait to do these until 5 days after the release)

- to be completed 4-6 times per day for 3 weeks
- place lips together and puff air up into the upper (or lower) lip making it inflate; hold for 5 seconds at a time and repeat for 30 seconds

The Basics

- Stretching 4-6 times a day for the first 3 weeks after the lip release is ESSENTIAL
- Wounds naturally want to constrict, if proper stretching (technique and frequency) is not done then reattachment of the wound is VERY likely
- If reattachment of the wound occurs, there is a high possibility that the lip will need to be released again in the future
- The wound will initially appear open and may look like a hole. It will quickly fill in with granulation tissue which has a white/yellow appearance. This is healthy wound healing in the mouth. The wound will have a diamond shape and the goal is to keep the wound healing in a "tall" diamond as opposed to a "wide" diamond. The diamond should get smaller and heal from the outside in. Ideally, the wound will heal in a vertical direction (a long line) as opposed to a horizontal direction (a wide thick line). Horizontal healing will lead to reattachment of the wound and it is possible that the area will heal with more tension than was originally present.
- To encourage vertical healing it is imperative to do the stretches listed for the recommended time and duration. The wound may bleed slightly during the stretches and that is normal. Typically, there is very minimal bleeding after a lip release procedure.

If you have any questions about the wound healing process, excessive bleeding, etc.

**Please reach out to
Dr. Annie directly (219) 730-0432**



Lip Release Post Op Instructions

It is normal to experience some mild swelling, pain, and/or discomfort during the initial stages of wound healing. Pain can most often be controlled with over-the-counter medications and other symptoms should resolve over the course of 1-2 weeks with proper rest, care, and myofunctional therapy (if indicated). Very rarely some complications can arise which include bleeding, pain, numbness, scarring, injury to adjacent structures resulting in salivary gland dysfunction, and failure of procedure.

Bleeding: It is normal to experience some oozing during the first 1-2 days following the release. If there is any bleeding: place a cold, wet paper towel on the wound site directly and hold firm pressure.

Swelling and inflammation: Some swelling and inflammation is normal for the first few days following your procedure. We recommend over-the-counter pain medication as needed. We prefer Ibuprofen for it's added benefit of reducing inflammation and swelling (as long as Ibuprofen is well tolerated by the patient) and recommend taking it regularly for the first 24 hours and then as needed the following day. Please follow appropriate dosage amounts for yourself/your child when administering these medications.

Oral hygiene: Continue to brush your teeth as usual. We recommend rinsing gently with warm salt water (1cup of warm water with 1/2 tsp of salt) several times a day to help with discomfort and to help keep the wound clean and reduce the risk of infection.

Food/drink: It is best to eat/drink soft, cool foods and beverages for the first few days. We advise the patient to avoid very hot foods, spicy foods, and foods that are sharp (ie-chips and pointy crackers) or acidic items (ie-pop, citrus, and tomato based products). A good rule to follow is if you are eating something that does not feel good, stop eating it and try something else.

Lip and Buccal Stretches: We recommend that you begin your Lip Lift and Lip Licks stretches a few hours after your procedure. If you have also had your **TONGUE released at the same time DO NOT do Lip Licks** until the tongue sutures have come out. You can add in the C-Stretch Massage the evening. We want you to wait to begin doing Lip Puffs until 5 days after the release.

If you experience any of the following, please call Dr. Annie directly (219) 730-0432

- Severe pain that does not improve with medication
- Steady bleeding
- Severe swelling at the site of surgery
- Fever higher than 102 degrees F

FOR EMERGENCIES (including difficulty breathing) Call 911 or go to your local ER immediately and call Dr. Annie directly