



Tongue Release Post Op Exercises

DAYS 1-3 (MINIMAL ACTIVITY)

- Can gently lift the tongue and move it up and down or left and right
- Can do Floor of Mouth Massage if needed or wanted

DAYS 4-7 (TO BE COMPLETED 2-3x/DAY)

- Gentle Lingual Palatal Suction (1 min)
- Paint the Palate (2 min)
- Floor of Mouth Massage (2 min as needed)

Your **Post-Op Appointment** with **Dr. Annie** is scheduled for

at our **Portage** location

DAYS 8-14 (TO BE COMPLETED 2-3x/DAY)

- Forklift Stretch or Tongue Stretch (2 min)
- Lingual Palatal Suction (2 min)
- Paint the Palate (2 min)
- Wound Stretch (every morning)

Your next **Myofunctional Therapy Appointment** with your

Myofunctional Therapist is scheduled for



Post Operative 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. If there is steady bleeding, place gauze under the tongue and hold firm pressure. Call Dr. Annie and/or go to the local emergency department.

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 its 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. You can switch off with Acetaminophen as needed to assist with discomfort. 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 (1 cup 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). You will want to avoid foods that require a lot of chewing for the first few days as well. A good rule to follow is if you are eating something that does not feel good, stop eating it and try something else.

Sutures: When doing a tongue release, Dr. Annie will place resorbable sutures that will typically fall out or dissolve on their own within 3-5 days. As the sutures come out, granulation (healing) tissue will fill in the open wounds. This tissue will appear white/yellow. If the granulation tissue overgrows the wound, we recommend brushing the surgical site gently with a soft toothbrush. It is healthy for the granulation tissue to remain over the wound site so try to only remove the excessive tissue. Around 5-7 days after the surgery, the granulation tissue will start to contract and this is when the post-op myofunctional therapy becomes the most important.

Myofunctional Therapy exercises: We recommend that you rest for the first 3 days after surgery and focus on minimizing the pain/swelling. Once the pain is well controlled you can do light movements with the tongue. **AVOID STICKING YOUR TONGUE OUT** for the first 5-7 days, and only begin the advanced myofunctional stretches once you have been cleared by Dr. Annie. In order to get optimal results, it is imperative that you perform the stretches and exercises as prescribed by Dr. Annie and your Myofunctional therapist.

Manual stretches: These will begin after the 1 week Post-Op appointment. Manual stretches are encouraged to help ensure that the tongue heals in a way that maximizes range of motion and improves compliance with myofunctional therapy exercises when the tongue starts to contract/feel tight. Manual stretches involve wrapping the tongue in a paper towel/gauze and pulling the tongue outwards, upwards, and to each side to feel a stretch for at least 30 second holds.

Physical Therapy: Many patients benefit from physical therapy, craniosacral therapy, osteopathic manipulation, and other forms of bodywork post-operatively depending on the clinical circumstance.

**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 (219) 730-0432