



Beautiful smiles begin here!

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Do Not:

- Use straws or spit forcefully for 24 hours.
- Brush in that area for 24 hours.
- Take Aspirin.
- Eat hot (temperature or spicy) or citrusy foods/drinks (oranges/apple juice).
- No strenuous activity for 24 hours.
- No swimming for 24 hours.

Do:

- Use Children's Tylenol or Motrin as needed.
- Eat soft, cold, bland foods (yogurt, ice cream) for 24 hours.
- Use salt water rinses 3-4 times a day for a week to help keep the area clean.
- Return to school if applicable.
- Start the tongue exercises on the next day after the release.
- See your SLP in a week after the release.

Tongue Exercises

- ❖ We highly recommend that your child works with a Speech and Language Pathologist for the best long term outcomes of the procedure. They may have many other tips/tricks and exercises that will help your child explore and master the new-found abilities and range of motion of the tongue.
- ❖ After the release, your child will be able to move their tongue in many new ways. It might feel different, weird, or seemingly uncomfortable for the first few days. They should get used to a lot of new motion that was not previously possible. These exercises will help them start to learn and feel comfortable with the new range of motion their tongue has. Try to make these as fun as possible!
- ❖ Depending on the age of your child, parental assistance with imitation or supervision is highly recommended.
 - Practice saying sounds like "la-la-la-la-la, ta-ta-ta-ta-ta, na-na-na-na-na, da-da-da-da-da"
 - Play a game with your child, who can stick their tongue out the farthest/ touch their nose?
 - Have them practice licking all around their lips, bring their tongue from one side of the mouth to the other, while sticking it out as far as they can.
 - Lick the back of their molars with their tongue.
 - Play at rolling and curling the tongue.
 - Use Jam/Nutella/peanut butter/icing for the following:
 - Place on the outside corner of the lips and have them lick it clean.
 - Place/paint the roof of the mouth and have them clean it off with the tongue.
- ❖ See you in 1 week for your follow up appointment!

Thank you for your trust!

Specialized Pediatric Laser Dentistry
Infants | Toddlers | Kids | Teens