



Dr Wolfgang Muller (Consultant Paediatrician)

Parent Information Guide: Post-Tongue-Tie Release Exercises (After Frenectomy/Frenotomy)

After a **tongue-tie release (frenectomy or frenotomy)**, exercises are recommended to **prevent reattachment of the frenulum**, promote **proper tongue mobility**, and **improve feeding, speech, and oral function**.

How Long Should Exercises Be Done?

- ◆ **Start on the day of the procedure (or as directed by your provider).**
- ◆ **Continue for 2–4 weeks** to prevent reattachment.
- ◆ **Perform 5–6 times per day**, especially **before feeds or when the baby is calm.**

💪 **Key Post-Tongue-Tie Release Exercises**

Wound Stretching (Prevents Reattachment)

✅ **How to Do It:**

- Place **clean fingers (index and middle)** under the tongue.
- Gently **lift the tongue upward toward the roof of the mouth**, ensuring the wound fully opens.
- Hold for **3–5 seconds**, then release.
- Repeat **5 times per session**.

✅ **Why?**

- Keeps the **wound open** to prevent reattachment.



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Tongue Lifting (Encourages Range of Motion)

✓ How to Do It:

- Use your **index finger** to gently press down on the middle of the tongue.
- Encourage the baby to **lift their tongue voluntarily** by making playful movements (e.g., touching the roof of the mouth with a pacifier or spoon).
- Repeat **5 times per session**.

✓ Why?

- Strengthens **tongue elevation**, important for **feeding and speech**.

Side-to-Side Tongue Mobility (Lateralization Exercises)

✓ How to Do It:

- Use your finger or a clean oral tool (e.g., a soft toothbrush) to **gently guide the baby's tongue side-to-side**.
- Encourage **tongue chasing movements** by moving a pacifier or finger from side to side.
- Repeat **5 times per session**.

✓ Why?

- Improves **tongue coordination** for chewing, swallowing, and speech.

Suck Training (Enhances Feeding Efficiency)

✓ How to Do It:

- Let the baby **suck on a clean finger** while gently **pulling the finger forward**.
- Encourage sucking on a **breast, bottle, or pacifier** with tongue elevation.
- Use **breast compression** during feeds to encourage efficient milk transfer.



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✓ **Why?**

- Helps develop **proper oral-motor strength and function.**

Lip and Cheek Massage (Supports Feeding & Latch Improvement)

✓ **How to Do It:**

- Gently **massage the baby's cheeks in circular motions.**
- Stretch and **roll the upper and lower lips outward.**
- Encourage **lip closure around the nipple/bottle.**

✓ **Why?**

- Enhances **muscle tone** and **lip seal** for effective breastfeeding or bottle feeding.

Expected Timeline of Recovery & Improvement

Time Post-Procedure	What to Expect
Day 1-3	Mild discomfort, some fussiness, initial healing begins.
Day 4-7	White/yellow healing tissue forms (normal part of healing).
Week 1-2	Feeding may improve, but exercises are crucial to prevent reattachment.
Week 3-4	Increased tongue mobility, improved latch, and feeding skills.

When to Seek Help?

- ! **Excessive pain or refusal to feed.**
- ! **Significant bleeding** beyond minor spotting.
- ! **Signs of infection** (redness, swelling, pus).
- ! **Persistent feeding difficulties despite exercises.**



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Final Takeaways

- ✓ **Start exercises immediately after the procedure** (as advised by your provider).
- ✓ **Stretch the wound area to prevent reattachment.**
- ✓ **Focus on tongue mobility, sucking, and feeding skills.**
- ✓ **Monitor for feeding improvements and possible issues.**
- ✓ **Follow up with a lactation consultant, speech therapist, or paediatrician if needed.**

Enclosed is a link to further parent information:

Parent information on “My child is unwell – When should I see a doctor?”

<https://drwmuller.com/information-for-parents-carers/>

See: Emergencies: “When do I need to see a doctor urgently?”

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