



Anderson Orthodontics, P.C.
Kimsey K. Anderson, D.D.S., M.S.
Diplomate, American Board of Orthodontics
505-884-5610

Tongue and Lip Exercises

For the Correction of Abnormal Swallowing

Instructions for correct swallowing:

1. Close the back together.
2. Place the tip of the tongue against palate or gum ridges.
3. Suck tongue up flat against roof of mouth; slide tongue back with sucking action.
4. SWALLOW.
5. Again close teeth firmly, close lips easily, tongue flat against roof of mouth, suck hard and swallow.

Remember

- Use mirror to watch for facial movements when practicing.
- Muscles around mouth are completely relaxed when swallowing.
- Never curl tongue.
- Practice on small bits of food and small swallows of liquid. Do not blow, but suck when swallowing. Keep lips closed tightly, use card or wax paper between lips as reminder to keep lips closed.
- Repeat the above many times a day and following exercises to learn to swallow correctly.
 1. Lick the palate or gum ridges many times each day.
 2. Place the tip of the tongue on the palate or gum ridges and keep it there while studying, playing, watching television or in school.

Night Time Suggestions

1. Place the tip of the tongue on palate when you go to bed and try to keep it there.
2. When you awaken in the morning again place tip of tongue on palate.

Follow the above basic steps of swallowing when you eat breakfast, lunch, snacks and dinner.

Always think of the four basic steps used in correct swallowing whenever you eat or drink.