



## Facial Plastic & Reconstructive Surgery

### Facial Reanimation Exercises

This facial rehabilitation exercise sheet is intended for patients who have undergone and completed facial reanimation surgery.

The exercises below are intended for patients who have undergone a temporalis tendon transfer or gracilis muscle free flap:

- One week after surgery: in the morning and evening for 5 minutes bite down and practice moving the paralyzed side of your face in the mirror. Try and move the paralyzed side of your face and match this with the movement of the non-paralyzed side of your face.
- After six months, practice in front of someone for 10 minutes a day and get feedback as to how symmetrical the two sides of your face are to one another. If you need practice, continue to practice in the mirror.
- With the gracilis free flap you may not notice any movement for 6-12 months.

The exercises below are intended for patients who have undergone a hypoglossal-facial neurotomy:

- Once your doctor instructs you to proceed: in the morning and evening for 5 minutes move your tongue toward the paralyzed side of your face and practice moving the paralyzed side of your face in the mirror.
- After six months, practice in front of someone for 10 minutes per day and get feedback as to how symmetrical the two sides are to one another. If you need more practice, continue to practice in the mirror.
- You may not see movement for 6-12 months.