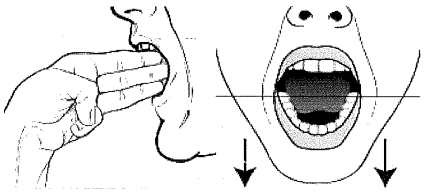





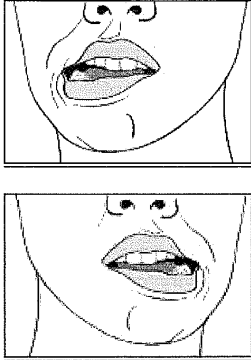

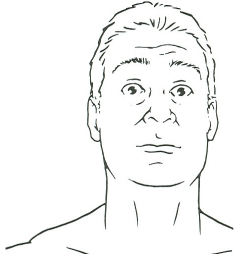





Exercises after Burn Injury to your Face

After a burn injury to your face, your skin will tighten in an attempt to close and heal the wounds as quickly as possible. During this process it is common for skin contractures (tissue shortening) to develop. Your skin may become tight and this is likely to affect your ability to perform daily activities such as eating, closing your eyes and communicating using facial expression.

The exercises provided will help to improve the strength of your face muscles and stretch the skin on your face. This will help prevent skin contractures, reduce skin tightness and restore full movement in your face. It is recommended that you perform these exercises regularly throughout the day - **Every hour is ideal but a minimum of 4 to 5 sessions throughout the day.**

<input type="checkbox"/> Mouth Opening	<input type="checkbox"/> Smiling	<input type="checkbox"/> Top Lip over bottom
		
<ul style="list-style-type: none"> ➤ Open your mouth as wide as you can. Try to fit 3-4 fingers between your top and bottom teeth. Once in that position stretch the skin further by baring your teeth (ie lift your lips away from touching your fingers) <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Make a big wide grin. Show as many teeth as possible <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Pull your top lip over your teeth and then stretch your top lip over your bottom lip. <p>Do 10 times holding for 1 minute</p>
<input type="checkbox"/> Bottom Lip over top	<input type="checkbox"/> Puckering your lips	<input type="checkbox"/> Pull back corner of Mouth
		
<ul style="list-style-type: none"> ➤ Stretch your bottom lip over your top lip <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Pucker your lips as if you were going to blow a kiss or whistle <p>Do 10 times holding for 1 minute</p>	<ul style="list-style-type: none"> ➤ Pull one corner of your mouth back like a half smile <p>Do 10 times on each side holding for 10 seconds</p>

<input type="checkbox"/> Mouth Side Stretches	<input type="checkbox"/> Blowing up your cheeks	<input type="checkbox"/> Eyes Open wide
		
<p>➤ With your lips closed move your mouth strongly to one side. Repeat to the other side.</p> <p>Do 10 times to each side holding for 1 minute</p>	<p>➤ Blow your cheeks full of air and hold</p> <p>Do 10 times hold for 10 seconds</p>	<p>➤ Open eyes widely and lift your eyebrows up as high as you can</p> <p>Do 10 times hold for 10 seconds</p>
<input type="checkbox"/> Eyes Tightly Closed	<input type="checkbox"/> Chin Poke	<input type="checkbox"/> Neck Stretch Mouth closed
		
<p>➤ Close eyes & screw them up tightly, pull your eyebrows down and wrinkle your nose</p> <p>Do 10 times hold for 10 seconds</p>	<p>➤ Keep your mouth closed, make a turtle neck and stick your chin forwards as far as possible.</p> <p>Do 10 times holding for 1 minute</p>	<p>➤ Keep your mouth closed, stretch your neck backwards to look up at the ceiling hold at the limit</p> <p>Do 10 times holding for 1 minute</p>

Other Activities to assist with Face Exercises

- Say the vowels of the alphabet slowly and over exaggerate each movement
- Use a straw
- Eat a large burger or take a large bite into an apple
- Sleep without a pillow if your burn extends from your face onto your neck
- Use a lollipop or iceblock to stretch your cheeks and lips from the inside. Or simply use your tongue to stretch your lips and cheeks
- Hold your mouth open as wide as you can when you clean your teeth
- Use your hands to push upwards on your cheeks to assist with closing your eyes

Keep score of How often you complete these exercises (Copy this page and use a new sheet every week)

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Opening							
Smiling							
Top Lip							
Bottom Lip							
Puckering							
Mouth pull back							
Mouth side stretch							
Cheek puffing							
Eyes open							
Eyes closed							
Chin poke							
Neck							