



Facial Neuromuscular Rehabilitation Program

(beginning 3 weeks following temporalis myoplasty)

Mime therapy (3 times per day)

- 1) in front of mirror
 - 1) activate transferred muscle by simulating a strong bite
 - 2) make sure to visualize activation and hold for 10 seconds (you will observe the temporalis muscle contract in the temple area)
 - 3) relax, then repeat action 15 more times
- 2) NOT in front of mirror
 - 1) place hand on cheek near lip lightly
 - 2) activate smile by initiating a bite, and sense the contraction in the fingertips on the cheek
 - 3) hold contraction for 10 seconds
 - 4) relax, then repeat exercise 15 more times

Massage (3 times per day)

- 1) use 3M Micropore thin tape on scar continuously for 3-4 months (this will facilitate massage in addition for optimal scar healing)
- 2) with a pinching motion, squeeze the firm scar with one finger inside the mouth and the other finger over the taped external incision on the cheek
- 3) apply sufficient pressure to produce discomfort but not pain
- 4) use slight swirling motion to deliver massage to firm scar
- 5) move fingers to a different location on the scar and repeat

Traction (3 times per day)

- 1) pinch area of the scar firmly as described above
- 2) gently place traction on the scar in a forward direction away from the face
- 3) hold the position and have patient contract the temporalis muscle
- 4) keep holding gentle traction and repeat contraction 15 times

Duration of therapy will vary, but typically lasts 3-6 months. Some patients will require a longer period of therapy to achieve better control or spontaneity of the temporalis contraction for smiling.

Please call our office with any questions.