
Face and mouth exercises following burn injury

It is important to move and stretch the skin of the face and neck after a burn injury to avoid the skin tightening (contracture). Encourage your client to move their face normally when they are talking and eating. People may have some pain, but the skin will eventually feel better after being stretched

Make sure moisturiser is applied to the lips before completing exercises.
In the early stages it may be most comfortable to complete exercises after face care.

Mouth Exercises

Open your mouth
as much as possible



Puff up your cheeks



Smile as widely
as possible



Purse your lips like whistling



Pull lips to left and right



Pull lips into mouth



Run the tip of your tongue around the inside of your lips and cheek





Squeeze your eyes
tightly closed



Raise your eyebrows



Frown



Squeeze eyes tightly
and open mouth



Wrinkle your nose



If a face burn has not healed within 14 days, the risk of scarring increases. Contact VABS for ongoing guidance and review

Contact Details

Email: burnsunit@alfred.org.au

Attention: Victorian Adult Burns Service, Allied Health