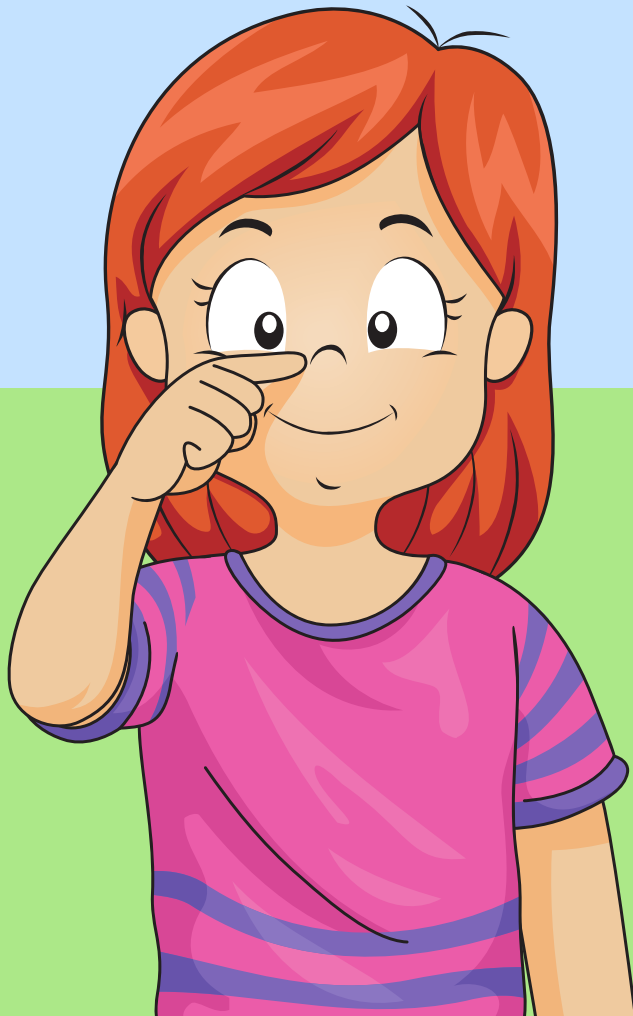


BETTER BREATHING AFTER MY OPERATION

Restoring correct nasal breathing and oral posture
after tonsil and adenoidectomy.



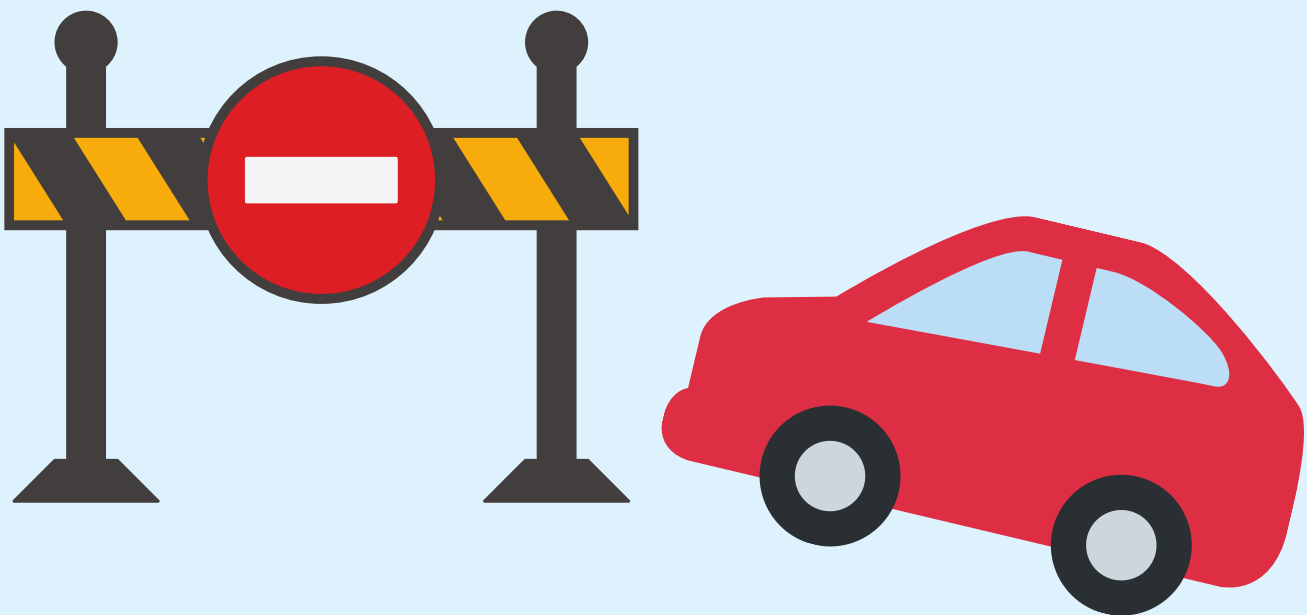
Emily Kirkcaldy
SALT, OMT, BBM

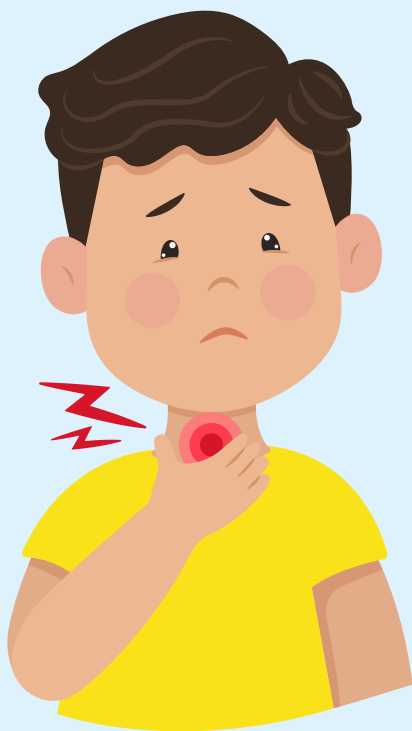


It has been hard to breathe through my nose,
because of a blockage.



The air couldn't get through to my lungs, because my
adenoids were blocking it, like a road block.





I had to breathe through my mouth a lot. That made my throat sore, and it was hard to swallow, because my tonsils were big too!

Because of the blockages and my mouth breathing, and I sometimes snored when I was sleeping, and I didn't get a good rest.



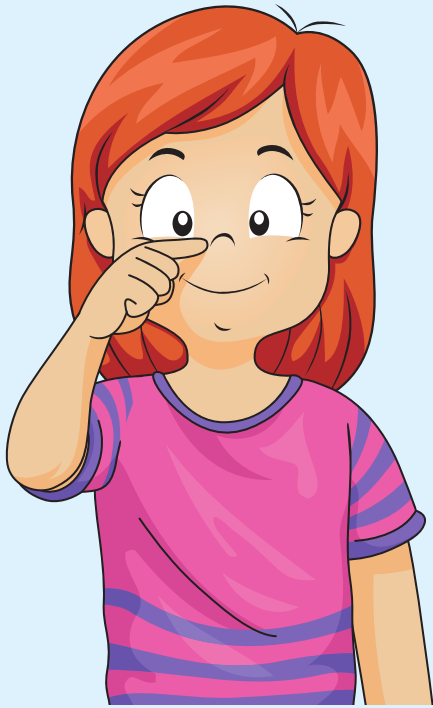


The Doctor has taken
my tonsils and
adenoids out now, so
the blockage is gone!

Thank you, Doctor!

It might feel a little bit sore for a few
days, but I can have some treats; like
cold smoothies, cuddles from my
family, and some time to relax.





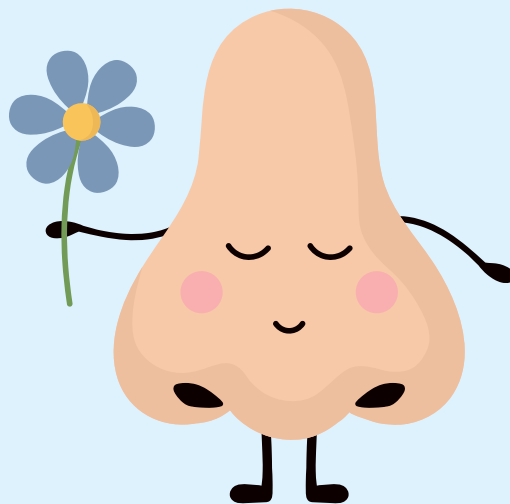
Now I can breathe through my nose more easily, but I will need to practise it a little bit, so that it becomes my new healthy habit.

I can practise keeping my tongue on my palate, and keeping my lips closed. When I do that, I am breathing through my nose.





Humming to songs can really help me to practise keeping my lips closed, keep my tongue at the top and breathe through my nose.



The more I breathe through my nose, the easier it gets. Nose breathing is best for me because it helps me to sleep well, and it even helps my body to get rid of bugs and viruses that can make me ill.

I can practise keeping my lips closed and breathing through my nose while I eat, too!



It might be tricky at first , but the more I practise, the easier it gets!



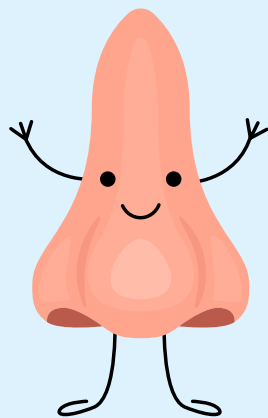
I can also practise some fun games, which will help me to make my lips and tongue stronger, so that I can breathe through my nose all of the time!

Scan the QR code to see some!



If it is still hard to breathe through my nose, and keep my tongue on my palate and lips closed, I can get help from a Myofunctional Therapist.

I'll soon be breathing easily through my nose, sleeping peacefully and feeling GREAT!



Written by Emily Kirkcaldy, UK Speech and Language Therapist, Orofacial Myofunctional Therapist and Buteyko Breathing Instructor.

www.breathefirst.co.uk
www.bsmft.org.uk