



Sopheap Tang, DMD & Associates  
General Dentistry For Kids

## **Lip Biting After Treatment**

Some dental treatments will require your child to be anesthetized (numbed). As the anesthetic wears off, your child will experience a tingling sensation in the mouth, tongue and/or cheek areas. It is important to monitor your child for the next 2-3 hours after treatment to ensure that he or she does not bite or scratch at these numbed areas. You should also avoid giving your child solid food until the numbness has worn off. Instead, opt for soft snacks such as Jell-O, frozen yogurt, milkshakes and/or smoothies.

If your child bites his or her cheek, tongue or lip, there may be swelling over the next 2-3 days. The area can become quite swollen and painful. A soft scab may develop that looks like a yellowish white plaque. This is a normal part of the healing process. The lesion should heal over the next 7-10days.

Your child will need to remain on a soft diet until the area heals to avoid re-injuring themselves.

- No Spicy foods
- No Citrusy Foods
- No Chips/Taco Shells

If patient is not allergic, you may give your child Motrin/Tylenol as needed for the pain. Keep the area(s) clean, being sure to brush teeth and rinse with warm water after eating