



LOCAL ANESTHETIC POSTOPERATIVE INSTRUCTIONS

Your child has had local anesthetic for their dental procedure. The numbing feeling can be a strange or unpleasant sensation for a youngster. Some children even confuse this feeling with pain. Many children do not understand the effects of local anesthesia, and may chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause minor irritations or they can be severe enough to cause severe swelling and abrasions to the tissue. One study showed that 13% of children ages 2-18 had a soft tissue injury following certain types of dental anesthesia.

Watch your child closely! Please monitor your child closely for approximately two hours following the appointment, even while they are asleep. Prevention is priceless as there is no good treatment for lip or tongue biting damage. If your child is returning to school or daycare, let the caregiver know your child has been numbed. If your child seems to be persistent in playing with or biting their lip, consider keeping your child with you until this resolves.

A popsicle or cold smoothie after the appointment may help distract your child from the numb feeling. Your child may have something to drink after the appointment, but they should not eat anything they have to chew until the numbing sensation wears off. Good food choices include mashed potatoes, smoothies, pudding, soups, or ice cream.

If your child bites their lip: Ibuprofen and Tylenol will help with the pain and it will heal in a week or two. Please do not hesitate to call the office at 510-964-0168 if you have questions, or if, despite your best efforts, your child does bite their lip.