

What to Do If Your Child Chews His/Her Lip

Prevention:

After any dental work where your child has been anesthetized (numbed), your child might want to scratch his/her face because there is a tingling sensation as the anesthetic is wearing off. Please watch that your child does not scratch or bite his/her cheek, lip, or tongue. Your child feels his/her face and lips differently, and he/she may not be able to understand that the area is numbed.

The anesthetic will last another 1-2 hours after we have finished working with your child.

NO solid food or snacks for several hours as your child may bite or chew his/her cheek, lip, or tongue and will not feel the injury

Offer foods such as soup, Jell-O, ice cream, yogurt, juice, milk, milk shakes, or fruit shakes to maintain a soft diet ... avoid acidic foods



Treatment:

If your child has bitten his/her cheek, lip, or tongue, there will be swelling which may worsen over the next 2-3 days. A yellowish, white plaque (soft scab) will develop. This is part of the healing process. The lesion will heal over the next 10-14 days. If your child complains of pain, you may give children's Tylenol or Ibuprofen (Advil) and apply Orabase to the area.