

LOCAL ANESTHETIC PRECAUTION AND CARE INSTRUCTIONS

WARNING! YOUR CHILD'S MOUTH IS NUMB – PREVENT ACCIDENTAL INJURY

The local anesthetic used to prevent your child from feeling pain related to their dental procedure also prevents them from feeling pain related to self-injury! To a child, the numb feeling is often described as a “tingling, fuzzy, fluffy, or air bubble” type feeling that makes parts of their face feel like they are touching someone else’s face. The most commonly affected areas are the **lips, cheeks, or tongue**. Some children will find this feeling interesting and explore the area more vigorously than they would without having been numb. This behavior will cause accidental injury to the tissues that are numb without your child knowing they are doing it!

Behaviors that can cause injury to the soft tissues that are numb:

- Biting, Sucking, Chewing, Scratching, Pinching, Pulling, Scraping, Rubbing, Burning

Numbness usually lasts about 30 minutes – 1 hour after the dental procedure, but in some people may persist up to 4 hours after the procedure.

What we do to help prevent accidental injury:

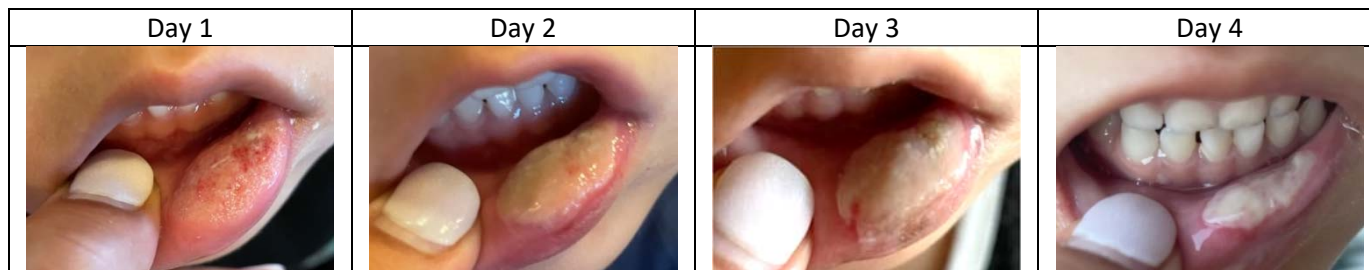
- Provide instruction to not bite the soft tissues (especially the lower lip and tongue).
- Provide a cotton roll or “ghosty” to remind the child to keep between teeth to keep them apart (don’t bite, just hold!).



It is your responsibility to carefully monitor your child until the numbness wears off.

MY CHILD BIT THEIR LIP – WHAT NOW?

If your child bites themselves, it is typically a superficial injury but can be very uncomfortable to the child and appear very alarming (see below)!



Thankfully, mouths heal very quickly and an injury of this nature usually heals by itself, improving by the first week, and resolving by the second week without requiring antibiotics or other interventions. However, you can do some things to help your child be more comfortable:

- **Soft foods for 48 hours (no crunchies or pokies)**
- **Avoid spicy or acidic foods**
- **Motrin for pain**
- **Lukewarm salt water rinses**
- **Vitamin E oil is best used to promote healing**