

Lip biting injury



Our recommendations:

1. Clean the area well with a Q-tip in $\frac{1}{2}$ hydrogen peroxide + $\frac{1}{2}$ water
2. Brush teeth as normal and be gentle around the affected area.
3. You may give your child children's acetaminophen (Tylenol®) or ibuprofen (Motrin®) for pain
4. Apply Kenalog in oral base over the swollen areas to help healing
5. We will prescribe antibiotics for secondary infections from the injury if needed.
6. Call our office if you have additional questions.

Kids Dental Specialty

Ontario office: P: 909-333-7451/ Fax: 909-539-0635

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Please Watch Kids For At Least Two Hours After Treatment!!

To minimize lip biting injury post dental treatment we often use a fast onset and short acting local anesthetic (Articaine) for children older than 5yo. However, for children under 5yo, we use lidocaine, which is a long acting local anesthetic (lidocaine) to reduce dental pain for your child.

As the anesthetic wears off, typically over 2-3 hours, your child will notice a tingling sensation in the mouth, tongue and/or cheek areas. Monitor your child during this time to ensure that he or she does not bite, chew, or scratch at these numbed areas. Avoid feeding your child solid food until the numbness has subsided. Good choices include soft snacks such as Jell-O, frozen yogurt, milkshakes and/or smoothies. It is best to spoon these snacks instead of using a straw. Also, avoid acidic food and drinks including tomato-based foods, sauces, and citric juices while there is an open wound. If your child bites his or her cheek, tongue or lip, there may be swelling which can worsen for up to five days. This is typically seen in a child under the age of 8. A soft scab may form that looks like a yellowish white plaque or a large traumatic ulcer. This is a normal part of the healing process and this lesion should heal during the next 10-14 days.

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