

# DENTAL FREEZING OR LOCAL POST-OP

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE OFFICE 2890

## TIMELINE: WHAT YOU MAY EXPECT

### First 2-4 hours

- AFTER NUMBING THE LIP AND CHEEK CAN FEEL "FAT" OR TINGLY
- LIQUID OR SOFT DIET FOR FIRST 2-3 HOURS
  - CHILDREN MAY CHEW, SUCK OR RUB THE AREA
- FOR DISTRACTION
  - Popsicles/Freezies
  - Cotton Roll(s)
  - Keep child occupied
  - Soft diet (liquid only)

### 24-48 Hours

- AFTER NUMBING WEARS OFF CHILD WILL BE SORE IN AREA
- TAKE TYLENOL EVERY 4-6 HOURS AS NEEDED FOR PAIN IF NEEDED
- SOME SPOT BLEEDING IN AREA DURING BRUSHING AND FLOSSING IS NORMAL

## LIP BITING AFTER LOCAL NUMBING

*What Parents Need to Know*



After dental anesthesia, lips and cheeks can feel numb. It's easy to accidentally bite without realizing it.

### PREVENTION IS KEY!

- ✔ Active supervision until numbness wears off
- ✔ No chewing foods or straws
- ✔ Choose soft, non-chew foods
- ✔ Keep them busy and calm

### IF A BITE INJURY HAPPENS: HOW TO HELP AT HOME



#### 1 REDUCE SWELLING

Apply a cold compress 10-15 minutes at a time, a few times per day.



#### 2 KEEP IT PROTECTED

Apply a thin layer of petroleum jelly on the outside of the lip.



#### 3 KEEP IT CLEAN & HYDRATED

Rinse gently with water after meals and keep them well hydrated.



#### 4 ADJUST DIET

Stick to soft foods. Avoid salty, spicy, or acidic foods while healing.







#### 5 MANAGE DISCOMFORT

Use age-appropriate pain relief if needed. (Ask us if you're unsure.)



### WHEN TO CALL US

-  Swelling worsens after 48 hours
-  Fever develops
-  Redness, pus, or a foul odor
-  Trouble eating or drinking

♥ Most bite injuries improve within 5-7 days and heal on their own. We're always here if you have concerns! ♥