



Lip & Cheek Bite Post Op

Anesthetic was used at today's visit to reduce pain for your child during the procedure. 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 suck, bite, chew, or scratch at these numbed areas.

Occasionally after the administration of local anesthesia by injection/s, some blood vessels within the cheek may rupture and break. This is rare but can be a normal side effect of local anesthesia injection/s. This breakage will cause a small amount of blood to leak into the surrounding tissues. This will cause swelling or a bruise called a hematoma. Because the swelling is caused by blood and/or tissue fluids, the raised skin area will have a combined yellow to bluish-black color. It may look like a routine bruise. This swelling will remain in the cheek until the leaked blood and/or tissue fluids dissolve and are re-absorbed into the tissues. This process may take up to two weeks.

To avoid this, you can avoid feeding your child solid, hard, and crunchy foods until the numbness has subsided. Good choices include soft snacks such as macaroni, yogurt, Jell-o, frozen yogurt, milkshakes and/or smoothies. If the area does become traumatized, also avoid acidic food/drinks or spicy foods/drinks. This includes tomato-based foods, sauces, and citric juices while there is an open wound.

If your child does suck on and/or chew or bite their lip, cheek or tongue, it can become swollen, red/white, hot, and/or painful. Sometimes parents mistake the chewed-up area for infection or allergy. This is just traumatized and injured tissue that will heal without antibiotics.

Usually the lesion looks the worst on day 2-3 after the trauma occurs. 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 on its own during the next 10-14 days. Clean the area well, brush teeth as normal, and be gentle around the affected area. You may give your child children's acetaminophen (Tylenol®) or ibuprofen (Motrin®) for pain.

Examples of lip and cheek bites:



Please contact our office if you're concerned about a lip bite after your child's appointment.