



# Lip Biting After Dental Anesthesia

## What Parents Should Know

After dental treatment, your child may remain numb for several hours. During this time, children may accidentally bite, chew, or suck on their lips, cheeks, or tongue without realizing it. This can cause swelling, soreness, or ulcer-like areas once the numbness wears off. Numbness usually lasts about: 2–4 hours for most children

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## How Can Parents Help Prevent Lip Biting?

Please monitor your child closely until the numbness is completely gone. Helpful tips include:

- Avoid chewing until feeling returns
  - Offer soft foods and drinks only
  - Remind your child not to bite or play with their lips or cheeks
  - Younger children may need extra supervision
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## **What If Lip Biting Happens?**

Mild swelling or soreness is common and usually heals on its own within several days. You can help by:

- Applying a cold compress if swelling occurs
  - Offering soft, cool foods and avoiding spicy or acidic foods
  - Keeping the area clean
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## **When Should You Contact Our Office?**

Please contact us if your child has:

- Severe swelling
- Fever
- Difficulty eating or drinking
- Persistent pain or worsening symptoms