

Patient Instructions - Local Anesthesia

- If you've received treatment with local anesthesia, commonly called 'novocaine', it is important to understand these postoperative instructions to minimize the risk of postoperative complications.
- Do not eat or drink until the anesthesia wears off and you get your feeling back. Eating while numb can cause you to bite your lips, cheeks, or tongue without knowing it. Also, foods of extreme temperatures could cause burning without you knowing it. Depending on the type and amount of anesthesia used, your feeling should return within 1 to 4 hours. Sometimes longer.
- Children and special needs patients may require additional attention following local anesthesia to prevent biting, chewing, scratching, or manipulation of numb tissues.
- If tenderness occurs in the area of local anesthetic administration, saline rinses are advised. Mix ½ teaspoon salt with one glass warm water and rinse gently. Over the counter medications such as tylenol and ibuprofen may be used as directed if necessary.

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