
What to Do After Dental Treatment

You received local anesthetic (freezing) today. The freezing may remain for several hours. While the freezing is present, you

- **should not:** bite, pinch, or suck lips, tongue or cheek. This will cause damage.
- **should not:** chew any solid food until you feel that the freezing is gone, because you may accidentally bite your cheek or tongue.
- **Should** - eat soft foods on the other side and drink liquids or smoothies to keep nutrition up until freezing is gone.

If you have discomfort, take what you would normally take for a headache.

OH 860
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