

How to Care for Your Child with Minor Tongue Laceration

This leaflet will provide you with information about minor tongue laceration treatment and home care advice.



What is a minor Tongue Laceration?

A tongue laceration (cut) is usually due to an injury, like a simple fall where the tongue is accidentally bitten.

How is minor Tongue Laceration treated?

- o Most tongue cuts heal well without treatment.
- o Repair with stitches may be needed in some situations in which tongue function may be impaired after healing. For example, lacerations that:
 - Does not stop bleeding.
 - Large enough to trap food particles.
 - Goes all the way through the tongue.

Home care advice

During the healing process, ensure your child:

- Maintains oral hygiene.
- Eats soft food for 3 to 5 days.
- Avoids hard, salty and spicy food until the cut has healed
- Does not drink through a straw as there is a slight chance of injury with a straw.
- Rinses his/her mouth with water after meals and snacks.
- Eats ice pops to soothe the pain and control the swelling.
- If your doctor advises giving medicine for pain, you can provide:
 - Paracetamol (any brand) or Ibuprofen (any brand).
 - Follow the instruction on the medicine package for the correct dose for your child.
 - Do not give your child Aspirin as this can cause serious complications.

When should I seek medical advice?

Seek medical advice if:

- There is any yellow or greenish discharge from the area.
- Your child has a fever.
- The injured area is very swollen.

Go to the Emergency Department if:

- There is bleeding from the injured area that does not stop.
- Your child cannot breathe or swallow because the tongue is swollen.