

# Idaho Falls Pediatrics

## **Lip, Swollen (Allergic Reaction)**

### **What is causing my child's lip to swell?**

The sudden swelling of a lip that hasn't been injured is usually caused by an allergic reaction to something that has gotten on the lip. If it is an allergic reaction, a child will also have symptoms of itching or tingling.

The substance causing the reaction can be a food, toothpaste, lipstick, or lip balm. Other irritants (for example, an evergreen resin) may get on the lips from the hands.

### **How can I take care of my child?**

1. Wash the lips and face with soap and water to remove any irritating substances.
2. Apply ice to the swelling for 20 minutes out of every hour. This should reduce the swelling and the itch. Repeat this for 3 hours if necessary.
3. Give an antihistamine in the correct dosage. (Benadryl is best.) Continue 2 or 3 times. If Benadryl is not available, use any over-the-counter hay fever medicine.
4. Avoid any allergic foods that are associated with the lip swelling.

### **When should I call Idaho Falls Pediatrics?**

Call IMMEDIATELY if:

- Your child has trouble breathing or swallowing.
- Your child is acting very sick.

Call during office hours if:

- The swelling lasts for more than three days.
- The swelling becomes worse.
- You have other questions or concerns.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.