

OVER-THE-COUNTER MEDICATION SAFETY

- Discuss all medications, minerals, vitamins and supplements with your dentist or pharmacist before you take them.
- Do not take more than the maximum dose allowed, which is listed on the bottle.

ACETAMINOPHEN:

- Do not use if you have liver disease.
- Do not drink alcohol while taking acetaminophen.

IBUPROFEN:

- Prior to taking ibuprofen, discuss with your dentist or pharmacist if you have:
 - ▶ A history of stomach ulcers or bleeds
 - ▶ A heart condition
- Take ibuprofen with food
- Ask your dentist about celecoxib if you cannot use ibuprofen.

MANAGING PAIN AFTER DENTAL CARE



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OPEN
OPIOID PRESCRIBING ENGAGEMENT NETWORK

DISCUSS WITH YOUR DENTIST:

- ALL medications you are taking, including:
 - ▶ Antidepressants (like Prozac® or Celexa®)
 - ▶ Opioids (like Vicodin® or Norco®)
 - ▶ Sedatives (like Ambien® or Seroquel®)
 - ▶ Benzodiazepines (like Valium, Xanax, or Klonopin®)
 - ▶ Other prescription pain medications
 - ▶ Illegal Drugs
- If you can use over-the-counter medications, acetaminophen (Tylenol®) ibuprofen (Motrin® or Advil®) to manage your pain.
- What you should do if your pain is not controlled.

UNDERSTANDING PAIN AFTER A PROCEDURE

THINGS TO KNOW:

- Dental pain is mostly caused by tissue inflammation (swelling) from the procedure or the dental issue.
- This is called acute pain. Acute pain does not last a long time.
- This acute, dental pain is *normal* and is usually worst the first 1-3 days.
- Your pain should be well controlled with a schedule of over-the-counter acetaminophen (Tylenol) and ibuprofen (Motrin or Advil)

If you have severe pain that is not managed by the **regular use** of both acetaminophen and ibuprofen, please call your dentist.

MANAGING PAIN

For the First 3 Days

After your procedure, use acetaminophen and ibuprofen **together** at *regular, scheduled* times:

9 AM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)
3 PM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)
9 PM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)

After 3 days

Only take medications if you have pain.

Medication is only **one** part of your pain management plan. Continue using **non-drug options** to help manage pain:

NON-DRUG OPTIONS

Ice



Soft food diet



Meditation



Massage area
of dental work



Relaxation:



Read a book



Watch TV



Listen to music