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**

**For the First 3 Days**
After your procedure, use acetaminophen and ibuprofen together at regular, scheduled times:

<table>
<thead>
<tr>
<th>Time</th>
<th>Medications</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 AM</td>
<td>Acetaminophen &amp; Ibuprofen</td>
<td>1000 mg (2 pills of 500 mg)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>600 mg (3 pills of 200 mg)</td>
</tr>
<tr>
<td>3 PM</td>
<td>Acetaminophen &amp; Ibuprofen</td>
<td>1000 mg (2 pills of 500 mg)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>600 mg (3 pills of 200 mg)</td>
</tr>
<tr>
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</tr>
<tr>
<td></td>
<td></td>
<td>600 mg (3 pills of 200 mg)</td>
</tr>
</tbody>
</table>

**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

**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.*