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.

Information in this brochure was developed by Michigan OPEN for the typical patient with your condition. It does not replace medical advice from your health care provider as your experience may differ from the typical patient. Questions about this document, your condition or your treatment should be discussed with your health care provider.
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:

<table>
<thead>
<tr>
<th>Time</th>
<th>Acetaminophen &amp; Ibuprofen</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>
<td>9 PM</td>
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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