

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 daily dose allowed, unless directed by your doctor.
- Maximum daily doses of all medications are listed on the bottle labels.

ACETAMINOPHEN (Tylenol®):

- Do not use if you have liver disease.
- Do not drink alcohol while taking acetaminophen.
- Review all medications with your pharmacist for those that may contain additional acetaminophen (like cold or cough medications).

IBUPROFEN (Motrin® or Advil®):

- Prior to taking ibuprofen, discuss with your dentist or pharmacist if you have:
 - ▶ A history of stomach ulcers or bleeds
 - ▶ A heart condition
 - ▶ Other bleeding disorders
 - ▶ Taken blood thinners
 - ▶ Renal (kidney) disease
- 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.

MANAGING PAIN AFTER DENTAL CARE



OPEN

Evidence. Resources. Engagement.

Michigan-OPEN.org

Michigan OPEN is partially funded by the Michigan Department of Health and Human Services

03.2021

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.
- Dental pain is:
 - ▶ Called acute pain as it does not last a long time
 - ▶ 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, scheduled 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.

You can also choose to take acetaminophen or ibuprofen *alone*, instead of together, when needed for mild discomfort.

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

NON-DRUG OPTIONS



Read a book



Listen to music



Watch TV



Daily Reflections or Meditation

Options below as directed by your dentist



Ice



Soft food diet



Massage area of dental work