



HOW TO MANAGE PAIN AFTER A DENTAL PROCEDURE WITHOUT OPIOIDS

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Your comfort following your dental procedure is an important part of your overall oral health. Your dentist has provided recommendations for effective pain control below.

Sometimes, opioid pain medications like oxycodone/acetaminophen (Percocet®), hydrocodone/acetaminophen (Vicodin®), and codeine/acetaminophen (Tylenol® #3) are prescribed to help control pain after a dental procedure. We now know that for most dental procedures, non-opioid, non-prescription, over-the-counter pain relievers work just as well as prescription pain relievers and don't have the risks of ongoing use, misuse, and addiction.

TWO-DAY DOSING CHART: (to be completed by dentist)

The American Dental Association (ADA) recommends using a combination of non-prescription ibuprofen (Advil® or Motrin®) and acetaminophen (Tylenol®) throughout the day to control pain

DENTIST:

- 1 Please select Suggested Regimen or Custom Regimen (reverse side). Please base regimen on your clinical preference, understanding that having a written protocol can be helpful to your patient.
- 2 Cross out the table for the regimen you do not use.

SUGGESTED REGIMEN *Fill in the times the patient should take medicine.*

Day 1: _____		Day 2: _____	
Dose 1	Time	Dose 1	Time
Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.	Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.
Dose 2	Time	Dose 2	Time
Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.	Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.
Dose 3	Time	Dose 3	Time
Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.	Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.
Dose 4	Time	Dose 4	Time
Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.	Take two 200 mg pills of ibuprofen (total dose of 400 mg) with one 500 mg pill of acetaminophen	____ a.m. ____ p.m.

Custom Regimen (based on patient or provider considerations)

Fill in time and dosage information.

Day 1: _____		Day 2: _____	
Dose 1	Time	Dose 1	Time
Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.	Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.
Dose 2	Time	Dose 2	Time
Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.	Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.
Dose 3	Time	Dose 3	Time
Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.	Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.
Dose 4 (if selected)	Time	Dose 4 (if selected)	Time
Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.	Take ____ pills of ibuprofen ____ mg (total dose = ____ mg) and ____ pills of acetaminophen ____ mg (total dose = ____ mg)	____ a.m. ____ p.m.

WHAT YOU NEED TO KNOW ABOUT TAKING THESE MEDICINES

- Take the first dose one hour after the dental procedure or before the anesthesia fully wears off.
- It's best to take all doses with eight ounces of water and soft food but follow your dentist's recommendation about what kinds of food are okay.
- If you still have pain, call your dentist or pharmacist. Do not take more non-prescription ibuprofen and acetaminophen than the dentist prescribed if you have not talked to them first.

WARNINGS

- Ibuprofen and acetaminophen are much safer than prescription opioids, but you can still have side effects from them. One of the most common side effects is an upset stomach. You can help prevent an upset stomach if you take the medicine with food.
- Do not drink alcohol when you are taking these medicines.
- Some people cannot take ibuprofen or acetaminophen. Tell your dentist or pharmacist if you are pregnant; have a history of kidney, liver disease, or bleeding problems; regularly take aspirin, non-steroidal anti-inflammatory drugs (NSAIDs), or other blood thinners; or have an allergy to acetaminophen or ibuprofen.

ADDITIONAL NOTES FROM DENTIST:

DENTIST'S CONTACT:
