

TELL YOUR DENTIST ABOUT:

ANY MEDICATIONS THAT YOU ARE TAKING:

- Over-the-counter medications, vitamins or herbals
- Antidepressants (Prozac, Celexa)
- Sedatives (Ambien, Seroquel)
- Benzodiazepines (Valium, Xanax, Klonopin)
- Other prescription pain medications
- Recreational drugs (CBD, marijuana, etc)

ANY PAST OR PRESENT HISTORY OF:

- Depression
- Anxiety
- Other mood disorders
- Long term (chronic) pain
- Sleep apnea
- Breathing problems
- Tobacco or alcohol use
- Substance use disorder
- Pregnancy



Dentist's Name

Dentist's Phone Number

Nearest Drop off Site

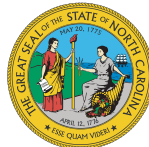


NORTH CAROLINA
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NC DEPARTMENT OF
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HUMAN SERVICES**



**NC Department of Health and Human Services
Division of Public Health • Oral Health Section**

<https://publichealth.nc.gov/oralhealth/>

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MANAGING PAIN AFTER DENTAL TREATMENT

Pain after a procedure is normal. Our goal is to help you manage your pain to a comfortable level.



FAQ

DENTAL PAIN FREQUENTLY ASKED QUESTIONS

1. How long should I expect to have pain?

Pain is usually worse for the first three days after a procedure.

2. Can I use over-the-counter medications such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil)?

Yes, if you appropriately use them for other pain issues, you should be able to use them for dental pain.

3. What other things can I do to help manage my pain?

Ice, rest, dietary restrictions/soft foods, salt water rinses, relaxation, meditation, massage and music can help control your pain.

4. Who do I call if my pain is not controlled, getting worse, or I am having side effects from my medications?

Call the office and share your concerns so we can address them together.



What is an opioid? An opioid is a strong prescription pain medication with risk of misuse, abuse, and addiction. Most dental procedures do not require opioids for post-operative pain.

COMMON NAMES OF OPIOIDS:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)

SOME POSSIBLE SIDE EFFECTS INCLUDE:

- nausea
- vomiting
- sleepiness
- dizziness
- constipation

KNOW THE FACTS ABOUT OPIOID ADDICTION

You are at higher risk of developing a dependence or an addiction to opioids if you:

- Have a history of depression or anxiety.
- Have a history of using or abusing alcohol, tobacco, or drugs (including prescription or street drugs).
- Have a history of long-term (chronic) pain.
- Take opioids for longer than a week.
- Take more pills, more often, than your dentist prescribed.

USING OPIOIDS SAFELY

- Only use the opioid pain medicine for severe pain.
- As your pain gets better, wait longer between taking opioids.
- Keep opioids out of reach of small children, teens and pets.
- Lock up the pills if possible.
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- Use opioids as prescribed.
- Do not share the pills with others.

PROMPTLY DISPOSE OF UNUSED OPIOIDS

- Search “Operation Medicine Drop” online to locate permanent sites or a take back event near you.
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away

**operation
medicine
drop**