

YOUR DENTIST WANTS TO KEEP YOU SAFE.

TELL HIM/HER ABOUT YOUR USE OF:

- Prescription pain medications
- Benzodiazepines (Valium, Xanax, Klonopin)
- Sedatives (Ambien, Seroquel)
- Stimulants (Ritalin, Adderall)
- Antidepressants (Prozac, Celexa)
- Over-the-counter medications, vitamins or herbals
- Recreational drugs (CBD, marijuana, etc.)

ALSO SHARE ANY HISTORY OF:

- Substance use disorder including alcohol and tobacco
- Mood disorder (Depression, bipolar disorder)
- Anxiety
- Chronic pain
- Sleep apnea
- Breathing problems

Women should tell their dentist if they are pregnant.



Dentist's Name

Dentist's Phone Number

Nearest Drop-off Site

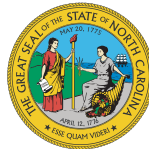


NORTH CAROLINA
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NC DEPARTMENT OF
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**NC Department of Health and Human Services
Division of Public Health • Oral Health Section**

<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 safely manage your pain to a comfortable level.



FAQ

DENTAL PAIN FREQUENTLY ASKED QUESTIONS

1. How long should I expect to have pain?

Most patients are pain free three days after their dental procedures.

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 PRESCRIPTION OPIOIDS:

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

SOME POSSIBLE SIDE EFFECTS OF OPIOID USE 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

- Use opioid medications as prescribed and for severe pain only.
- As your pain gets better, wait longer between doses.
- Store your opioids in a secure out-of-sight location.
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- Do not share the pills with others.

PROMPTLY DISPOSE OF UNUSED OPIOIDS

- Search “Operation Medicine Drop” online to locate permanent drop box 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**
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