

## Dental Pain Advice

There are three main types of painkiller used for relief of dental pain:

- 1) Paracetamol eg Panadol, Panamax
- 2) Non Steroidal Anti-inflammatory drugs:
  - Ibuprofen eg Neurofen; Diclofenac eg Voltaren; Aspirin
  - (Avoid these if you have a stomach complaint such as an ulcer)
- 3) Opioid Analgesics, These are prescription only medicines:
  - Codeine, Oxycodone, Morphine

**Strong pain relief can be achieved by taking 2 x 500mg Paracetamol Tablets and 2 x 200mg Ibuprofen tablets together at the same time. This provides ample pain relief in most situations without the unwanted side effects of prescription analgesics.**

## Wisdom Tooth Surgery or Bone Grafting Surgery

-Before the local anaesthetic wears off, if you have not eaten for some time, eat something soft and cold such as yoghurt, smoothie or ice-cream to minimise stomach upset.

-Immediately take 2 x 500mg Paracetamol tablets and 2 x 200mg Ibuprofen tablets and (if prescribed) 1 or 2 x Codeine 30mg tablets.

-Take this same painkiller combination with food every 4-6 hours up to a maximum of 3 times in a 24 hour period.

-If an additional painkiller dose is needed in a 24 hour period, it is possible to take one additional dose of Paracetamol and Codeine, but not Ibuprofen.

- If pain is well tolerated with Paracetamol and Ibuprofen alone, stop the Codeine as soon as you can to minimise side effects.

-Ibuprofen taken with food will help with the jaw stiffness and muscle ache due to the anti-inflammatory properties. This can be taken for up to 2 weeks.

If you have been prescribed Codeine, you may experience side effects such as light-headedness, dizziness, nausea, vomiting, constipation and hypotension so only use if really necessary and do not drive.

**DO NOT EXCEED THE MAXIMUM DOSE OF ANY MEDICINE AND ALWAYS READ THE LABEL. CONSULT YOUR PHARMACIST, DENTIST OR DOCTOR FOR ADVICE IF AT ALL UNSURE.**