

## **Dental Pain Advice**

There are two main types of painkiller used for relief of Dental pain:

- 1) **Paracetamol:**  
Panadol, Panamax
- 2) **Non Steroidal Anti-inflammatory drugs (NSAIDs):**  
Ibuprofen eg Neurofen; Diclofenac eg Voltaren; Aspirin  
(Avoid these if you have a stomach complaint such as an ulcer)

The third type of painkillers are only used only where severe pain remains despite the use of both of the above painkillers in combination. These are prescription only medicines with strict regulations and restrictions on use and are mostly only prescribed by medical practitioners.

- 3) **Opioid Analgesics:**  
Codeine, Oxycodone, Morphine

For dental and post-surgical pain, randomised controlled blind studies have shown no difference in pain relief when codeine is added to paracetamol and ibuprofen, but there is an increase in negative side effects. For this reason and under our professional guidelines Codeine should no longer be prescribed for dental pain.

**It is not possible to eliminate pain altogether, so the aim is to reduce pain to a tolerable level.** 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.

## **Post-Operative Surgical Pain Advice**

- Before the local anaesthetic wears off, take 2 x 500mg Paracetamol tablets and 2 x 200mg Ibuprofen tablets.
- Take this same painkiller combination 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.
- If pain is well tolerated with Paracetamol or Ibuprofen alone, 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.

**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.**

