

**You are
the most
important
part of
your
healthcare
team.**

**Ask questions
and know
the facts
before using
opioids for
your pain.**

www.BeOpioidAware.org

Safely store your opioids and dispose of any unused pills!

**Safely store opioids out of reach
of infants, children, teens and
pets**

- Lock your pills if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills (Example: bathrooms, kitchens).

Safely dispose of unused opioids

- Medication take-back drives.
- Pharmacy and police station drop boxes.
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away.

To find a list of local places that will take back your unused opioids, visit:
www.BeOpioidAware.org

Do you know
the facts about
**opioid pain
medications?**



**HEALTHY
COMMUNITIES**
of CLINTON COUNTY COALITION



What is an **Opioid?**

An opioid is a strong prescription pain medication. Some possible side effects include nausea/vomiting, sleepiness/dizziness and/or constipation.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)
- Methadone
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

Only use your opioids for the reason they were prescribed.

- Please discuss with your dentist or pharmacist if you are pregnant and considering opioid use.
- Diversion (sharing or selling) of opioids is considered a felony.

Using **Opioids safely**

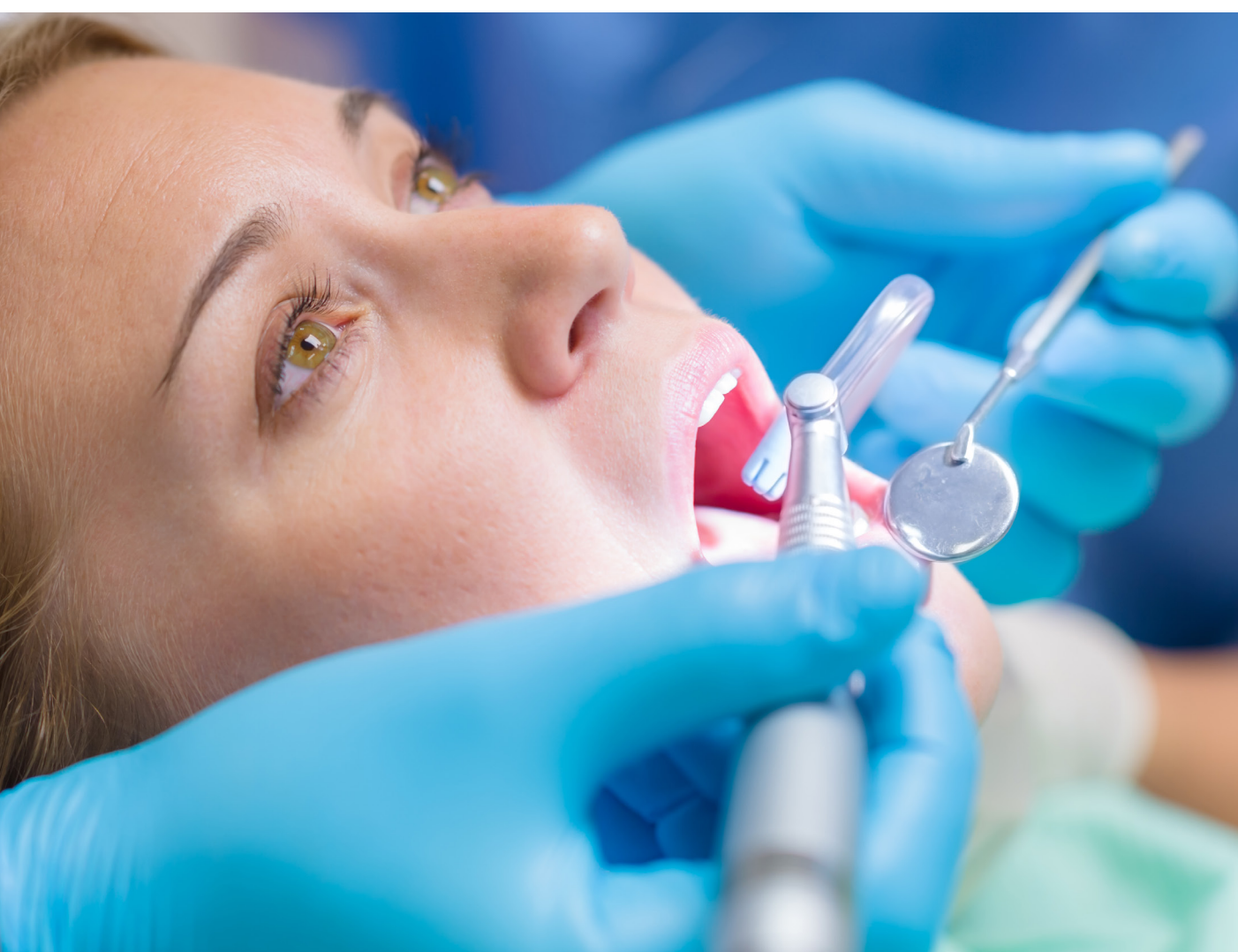
- Ask your dentist if it is okay to use over the counter acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
- Use your opioids if you still have severe pain, that is not controlled with the over the counter medications, or other nonopioid prescriptions.
- Let your dentist know if you are currently taking any benzodiazepines (i.e. Valium, Xanax).
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- As your pain gets better, wait longer between taking opioids.
- Only use your opioids for your dental pain.
- Do not use your pills for other reasons.
- Your opioids are only for you. Do not share your pills with others.

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.

Opioid use puts you at risk of dependence, addiction, or overdose!



Understanding pain goals after a dental procedure

Our goal is to manage your pain to a comfortable level.

Things to know:

- Pain after a procedure is normal.
- Everyone feels pain differently.
- Pain is usually worse for the first three days after a procedure.
- Most patients report using less than half of their opioid pills and many patients do not use any of their pills!
- Speak to your dental provider about a non-opioid pain solution.

Other things to try for pain relief:

- Soft diet, rest, relaxation, meditation, massage and music can help control your pain.
- Talk to your dentist if your pain is not tolerable.

Dentist: _____

Phone Number: _____