

# 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: (\_\_\_\_) \_\_\_\_\_



# 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](http://www.BeOpioidAware.org)



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# Know the Facts About

# Opioid Pain

# Medications



## 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!

