



Pain management recommendations

Patient name: _____

Date of procedure: _____

Available over the counter:

- Ibuprofen:** 400 or 600 mg (two or three 200 mg tablets) by mouth every 6 hours for the first day or two after your tooth extraction. After the first two days, take the same dose every 6 hours *as needed* for pain or swelling.
- Acetaminophen:** 500 mg by mouth every 6 hours for the first day or two after your tooth extraction. After the first two days, take the same dose every 6 hours *as needed* for pain.

What you should know about prescription opioids for short-term pain

- ➡ **Using an opioid can cause side effects** such as constipation, tiredness, nausea, or itchiness. Longer-term use can lead to addiction.
- ➡ Opioids are rarely needed after most dental procedures. If prescribed, they should be used **only for a short time, usually less than 3 days**.
- ➡ **Store in a safe, secure location.**
- ➡ **Stop taking opioids as soon as possible.**
- ➡ **Discard any unused tablets or pills:**
 - Bring to a collection site such as a secure dropbox or take-back event.
 - Flush down the toilet.



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Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. This material is supported by the PACE Program of the Pennsylvania Department of Aging and by the Pennsylvania Department of Health, through funding from the Centers for Disease Control and Prevention. Links to references can be found at [AlosaHealth.org](https://www.AlosaHealth.org).