



PAIN MANAGEMENT

These are suggestions on how to **control general discomfort**.

1. Get plenty of rest.
2. Take medications as written on prescription bottle unless otherwise indicated by doctor.
3. Drink plenty of fluids.
4. Avoid all smoke.
5. Take medications as prescribed by your doctor.
6. Follow up with your primary provider if any problems arise.
7. Only try the following if you have NO allergies to any of the following products.
You may try regimen I or II

Regimen I

- ✚ Tylenol at 8:00
- ✚ Ibuprofen at 10:00
- ✚ Tylenol at 12:00 (none ate 2:00)
- ✚ Tylenol at 4:00
- ✚ Ibuprofen at 6:00
- ✚ Then repeat as necessary

Regimen II

- ✚ Take 1 Motrin table
- ✚ Two hours later take 2 Tylenol
- ✚ Two hour later take 1 Motrin
- ✚ Two hours later take 2 Tylenol

Do **NOT** follow these regimens for more than 24 hours. If your discomfort persists please contact your dentist.

Please remember: none of these drugs were meant for long term use, especially in high doses.

Warning About Acetaminophen:

-For extra acetaminophen strength pills (Tylenol), no more than eight pills every 24 hours.

-Taking more than the recommended dose may cause liver damage.

-Do not use other products that contain acetaminophen while taken acetaminophen tablets because the dose can add up. Look on the label for: ``CONTAINS ACETAMINOPHEN''.

-NSAIDS still have an anti-clotting effect; however it is simply not the same as aspirin or as efficient.

Warning About Aspirin:

Aspirin (ASA, Ecotrin, Empirin, Easprin, Measurin) is a potent drug. It is used to reduce pain, swelling and fever, ease toothache or headache discomfort; relieve symptoms of rheumatoid arthritis.

It is must be remembered that a side effect of aspirin is it can increase bleeding! Any dental treatment that can cause bleeding (extractions, root planing, scaling, oral surgery and biopsies) can be affected by this medication. Daily use of aspirin can cause excessive and prolonged bleeding during and after these procedures. Aspirin used in combination with other blood thinners such as Coumadin (warfin sodium), Ticlid (ticlopidine) and Persantine (dipyridamole) can increase bleeding even more than aspirin alone. **In some cases aspirin should be avoided for at least one week prior to dental procedures.**

If you have any questions or concerns contact Nadic Dental Centers 702-248-0068