



Instructions for Managing Pain after Dental Surgery

Your comfort following dental surgery is an important part of your overall oral health.

Traditionally, narcotic medications (e.g., oxycodone, hydrocodone, and codeine) have been prescribed for pain after dental procedures. These pain medications have been found to be less effective than more recent recommendations.

The new recommendations combine non-prescription ibuprofen (Advil[®] or Motrin[®]) with acetaminophen (Tylenol[®]) in six-hour intervals throughout the day. Research suggests that combining non-prescription ibuprofen and acetaminophen is more effective in managing pain and has fewer side effects. Studies from around the world show positive results in over 44,000 dental patients (Moore, P. & Hersh, E., 2013).

Patient Instructions: Take three tablets of non-prescription ibuprofen 200 mg together (total dose = 600 mg) with one tablet of non-prescription acetaminophen 325 mg immediately after your dental surgery. Continue this regimen every six hours and as directed by your dentist. Do not take more than these recommended doses.

Continue this regimen for the first 48 hours after dental surgery, even if you are not experiencing any discomfort.

Patient Precautions: Follow all package warnings for non-prescription ibuprofen and acetaminophen, and do not exceed recommended dosages. Patients with a history of heart failure and kidney/liver disease should avoid using ibuprofen and acetaminophen. Consult with your healthcare provider about health risks associated with taking these medications.

Dentist: The two-day dosing chart below tracks recommended dosages of ibuprofen and acetaminophen based on the new pain management recommendations. Please review this chart with your patient.

Day 1		Day 2	
Dose 1	Time	Dose 1	Time
Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.	Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.
Dose 2	Time	Dose 2	Time
Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.	Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.
Dose 3	Time	Dose 3	Time
Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.	Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.
Dose 4	Time	Dose 4	Time
Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.	Take 3 tablets of ibuprofen 200 mg (total dose = 600 mg) with 1 tablet of acetaminophen 325 mg.	a.m. p.m.