

For your dental patients with acute pain

Create a Multimodal Pain Management Plan

Why? Because a multimodal plan that includes OTC analgesics, for example acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs), can provide effective pain relief and help reduce your patients' need for opioids.¹ Here's how to get started.

Ask your patients about their pain management preferences.

Why? Because in one survey, fewer than 25% of patients discussed non-opioid post-surgical pain management options with their healthcare professional.^{2*}

Encourage the patient to be an active participant

- Voice concerns about medications (eg, opioid side effects, risk of dependence, etc)
- Discuss history of medication use, including substance abuse disorder
- Speak up when experiencing pain
- Make and track recovery goals

Consider and discuss the efficacy of OTC ingredients.

Why? Because according to the American Dental Association, NSAIDs are recommended as the first-line therapy for acute pain management, based on research in postoperative pain.³

Explain multimodal pain management and the role of OTC analgesics (eg, acetaminophen, NSAIDs)¹

- Includes multiple medications and techniques (eg, opioid, non-opioid, topical, nonpharmacologic)
- Targets different mechanisms in the central and/or peripheral nervous system
- May help reduce or even eliminate the need for opioids
- May provide more effective pain relief vs single-modality plans

Personalize your patients' pain management plan.

Why? Because American Pain Society guidelines recommend providing a patient- and family-centered, individually tailored plan.¹

Create a plan before surgery and adjust postoperatively¹

- Identify the patient's recovery goals (eg, work, exercise, hobbies)
- Reinforce postoperative instructions to reduce pain and swelling (eg, cold packs, rest, soft diet)
- Document the plan and goals for postoperative pain management

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*Survey of 500 adults undergoing orthopedic or soft tissue surgeries within the preceding 12 months.

REFERENCES: **1.** Chou R, Gordon DB, de Leon-Casasola OA, et al. Management of postoperative pain: a clinical practice guideline from the American Pain Society, the American Society of Regional Anesthesia and Pain Medicine, and the American Society of Anesthesiologists' Committee on Regional Anesthesia, Executive Committee, and Administrative Council. *J Pain*. 2016;17(2):131-157. **2.** Pacira Pharmaceuticals. Plan against pain. 2016. **3.** American Dental Association. Oral health topics: oral analgesics for acute dental pain. ADA website. <https://www.ada.org/en/member-center/oral-health-topics/oral-analgesics-for-acute-dental-pain>. Updated May 22, 2019. Accessed June 19, 2019.



Counsel on proper dosing for your recommended OTC analgesic

OTC pain relievers dosage chart for adults and children 12 years and older

Acetaminophen	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Acetaminophen regular strength <i>for example</i> TYLENOL® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than 10 pills in 24 hours , unless directed by a doctor
Acetaminophen extra strength <i>for example</i> TYLENOL® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than 6 pills in 24 hours , unless directed by a doctor
Acetaminophen extended release <i>for example</i> TYLENOL® 8 HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours

Acetaminophen dosage
daily limit is

4,000 mg

For your safety, do not take more than this amount in 24 hours

Some acetaminophen labels specify a 3,000 mg per day limit. Do not exceed the daily limit on the label. Consult your healthcare professional if you have questions.

NSAIDs <small>nonsteroidal anti-inflammatory drugs</small>	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen <i>for example</i> MOTRIN® IB and Advil®	200 mg per pill	1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)	Do not take more than 6 pills in 24 hours , unless directed by a doctor

Ibuprofen dosage daily limit is

1,200 mg

For your safety, do not take more than this amount in 24 hours

Naproxen sodium <i>for example</i> Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours
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Naproxen sodium dosage
daily limit is

660 mg

For your safety, do not take more than this amount in 24 hours

Aspirin regular strength <i>for example</i> Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than 12 pills in 24 hours
Aspirin extra strength <i>for example</i> Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than 8 pills in 24 hours

Aspirin dosage daily limit is

4,000 mg

For your safety, do not take more than this amount in 24 hours

It is important to **always read and follow the label**. If you have any questions, ask your healthcare professional which product may be right for you.

Reminders for your patients

- Take **ONLY 1** medicine that contains the **same kind of active ingredient** (acetaminophen or NSAID) at a time
- **Do not exceed the dose** on the label directions
- For NSAIDs, take the **smallest effective dose**— and take it for the **shortest amount of time** needed

Why?

- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

Get Relief Responsibly®
Professional Resource Center



Support your patients with dosage charts for OTC analgesics and other safety resources at [GetReliefResponsiblyProfessional.com](https://www.getreliefresponsiblyprofessional.com)