



Managing pain after wisdom teeth removal: Your questions answered

1. Changes?

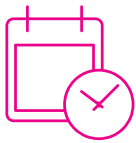
Pain after wisdom teeth removal is common. Non-opioid and opioid medications have been prescribed to treat your pain.



FIRST TRY acetaminophen (Tylenol®) and/or ibuprofen (Motrin®, Advil®) or naproxen (Aleve®, Naprosyn®) taken at regular intervals to manage your pain. Talk to your dentist, surgeon or pharmacist to find the right medications for you and to help you with the pain control plan. If you are still in lot of pain, then use the opioid that has been prescribed for you. Opioids reduce pain but will not take away all your pain. Ask about other ways to deal with pain including using ice.

You have been prescribed an opioid (narcotic): _____

2. Continue?



Opioids are usually required for less than 3 days.

As you continue to recover, your pain should be less day by day and you will need less opioids. Get in touch with your dentist, surgeon or pharmacist if your pain does not improve.

3. Proper Use?



Overdose and addiction can occur with opioids.

Use the lowest possible dose for the shortest possible time for all pain medications. Discuss the need to avoid driving and using heavy machinery while taking opioids with your dentist/surgeon. It can be dangerous to combine opioids with alcohol or sleeping/anti-anxiety pills (e.g. lorazepam [Ativan®], clonazepam [Rivotril®]).

4. Monitor?



Side effects from opioids include: constipation, drowsiness, nausea and dizziness.

Contact your healthcare provider if you have severe dizziness or trouble staying awake. Taking opioids with alcohol, sleeping/anti-anxiety pills or cannabis (marijuana) can increase your risk of side effects. Let your dentist, surgeon or pharmacist know if you are taking any of these substances.

5. Follow-Up?



Ask your prescriber when your pain should get better.

If your pain is not improving as expected, or if your pain is not well controlled, talk to your dentist/surgeon or pharmacist.

To find out more, visit: [OpioidStewardship.ca](https://www.opioidstewardship.ca)

It is important to:



Never share your opioid medication with anyone else.



Store your opioid medication in a secure place; out of reach and out of sight of children, teens and pets.



Ask about other options available to treat pain.



Take all unused opioids back to a pharmacy for safe disposal. Talk with your pharmacist if you have questions.

For locations that accept returns: 1-844-535-8889 healthsteward.ca

Did you know?



Younger students, particularly those in grade 7 and 8, are using opioids non-medically in far greater numbers than cannabis.

More than 2/3 students (67%) using opioid painkillers non-medically, reported getting the medication from home.

— The Centre for Addiction and Mental Health (CAMH), 2018

About 17 Canadians are hospitalized each day with opioid poisoning.

— Canadian Institute for Health Information (CIHI), 2018

Notes:

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