

## Adult Pain Control

### Why am I experiencing pain?

There are various causes of pain of the teeth and gums. Inflammation is the most common cause; this is the basic way in which the body reacts to infection, injury or irritation, the key features include redness, swelling, warmth and pain.

### How shall I control the pain?

In most cases we are able to determine the underlying cause of pain and provide treatment to help. Sometimes it may take a few days for the pain to settle down after treatment, other times treatment may not be possible due to infection so painkillers may be needed to control the pain. In some cases antibiotics are required; your dentist will prescribe these for you if needed.

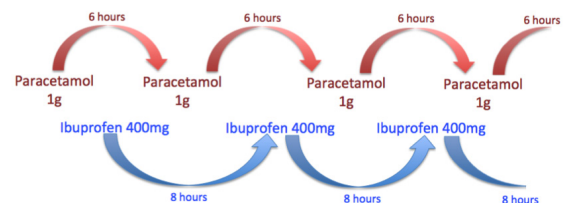
### What painkillers are best to take?

The two main painkillers that help relieve dental pain are Ibuprofen and paracetamol. Research has shown that Ibuprofen is the most effective as it is both a painkiller and also reduces the inflammation.

We recommend the use of 400mg Ibuprofen tablets (if safe for you to use- see list below) every 8 hours with food, so 3 times a day. You can take this before the injection wears off if you have had an injection.

If Ibuprofen is not suitable for you to take, you can take 1g paracetamol – i.e. 2 x 500mg tablets (if safe for you to use) every 6 hours, so 4 times a day.

It is possible to take both Ibuprofen and paracetamol. These should be taken at different times for the best pain relief following the diagram (right). Do not exceed adult doses given



### Do not take Ibuprofen if you:

- Have a kidney impairment
- Have a liver impairment
- Have severe heart failure
- Are pregnant or are breastfeeding
- Are allergic or hypersensitive to Ibuprofen or any non-steroidal painkiller
- Consult dentist or doctor for adjusted dose if elderly

### Do not take paracetamol if you:

- Have a liver or kidney impairment
- Are allergic
- Have alcohol dependence

Please read the information leaflet that comes with the medication. If unsure, consult your dentist or GP.