

# Pain relief management

Pain relief should be used in conjunction with local operative measures.

## Adult pain relief recommendations

### Recommended drug regimens for dental pain relief in adults:

#### MILD TO MODERATE PAIN, ANALGESIC OPTIONS

**1000mg paracetamol four times daily**  
**Or 400mg ibuprofen three times daily.**

\*For severe or acute conditions ibuprofen can be prescribed to a maximum of 2.4g daily (600mg four times a day). If the patient wishes to purchase the product over the counter then the maximum dose is 1.2g daily (400mg three times a day).

#### MODERATE TO SEVERE PAIN

**400mg to 600mg ibuprofen three to four times daily\***  
**And 1000mg paracetamol four times daily.**

For severe or acute pain paracetamol and ibuprofen may be combined, doses of each may be taken together or alternately.

To minimise confusion, it is recommended that doses of ibuprofen and paracetamol are taken together.

## Recommended regimens for combining paracetamol and ibuprofen:

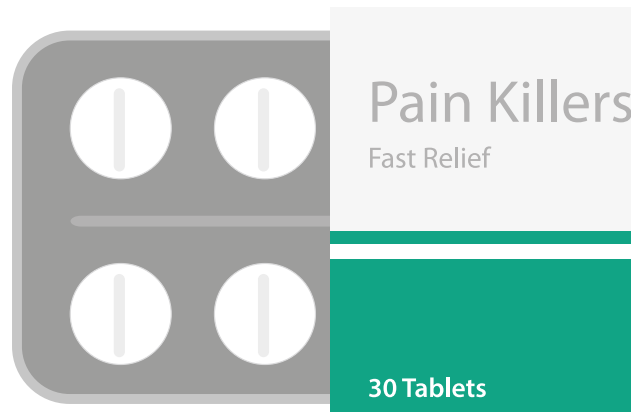
### Preferred option

Breakfast	Lunch	Dinner	Before Bed
1000mg paracetamol	1000mg paracetamol	1000mg paracetamol	1000mg paracetamol
400mg to 600mg ibuprofen	400mg to 600mg ibuprofen	400mg to 600mg ibuprofen	400mg to 600mg ibuprofen

**Or the alternative is to stagger the doses of paracetamol and ibuprofen over 24 hours. If this regimen is used, ensure that ibuprofen is taken with food.**

- Ibuprofen should be taken with food
- Do **not** exceed recommended maximum doses:
  - 4000mg paracetamol in a 24 hour period
  - 2400mg ibuprofen in a 24 hour period

Before prescribing or advising analgesia always ask the patient what they are already taking or normally take for pain. Including any prescribed or OTC remedies.



### Avoid ibuprofen in patients:

- With a hypersensitivity to aspirin or any other NSAID including those who have experienced attacks of asthma, angioedema, urticaria or rhinitis precipitated by aspirin or another NSAID
- With active peptic ulcer disease or a history of NSAID associated ulcer disease
- In the third trimester of pregnancy
- With severe heart failure
- Taking any other NSAID painkillers

### Avoid paracetamol in patients:

- With hypersensitivity to paracetamol or any of the preparation excipients

### Use paracetamol with caution in patients:

- With severe hepatic or renal impairment

### Use ibuprofen with caution in patients:

- With a history of asthma or other allergic disease, bowel problems, ulcerative colitis, Crohn's disease, connective tissue disorders
- Patients with severe renal, cardiac or hepatic impairment
- Who are elderly
- With uncontrolled hypertension
- With coagulation defects or inherited bleeding disorders
- In the first 6 months of pregnancy
- Who are breastfeeding
- Taking the following medicines: anticoagulants, antihypertensives, methotrexate, SSRIs, lithium, antiplatelet agents

## Child pain relief recommendations

Regimens for combining paracetamol and ibuprofen as for adults, but using doses in tables below:

Paracetamol	Dose
For Child 6 months-1 year	120mg every 4-6 hours max 4 x per day
For Child 2-3 years	180mg every 4-6 hours max 4 x per day
For Child 4-5 years	240mg every 4-6 hours max 4 x per day
For Child 6-7 years	240-250mg every 4-6 hours max 4 x per day
For Child 8-9 years	360-375mg every 4-6 hours max 4 x per day
For Child 10-11 years	480-500mg every 4-6 hours max 4 x per day
For Child 12-15 years	480-750mg every 4-6 hours max 4 x per day
For Child 16-17 years	0.5-1g every 4-6 hours max 4 x per day

Ibuprofen	Dose
For Child 6-11 months	50mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day
For Child 1-3 years	100mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day
For Child 4-6 years	150mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day
For Child 7-9 years	200mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day up to max 2.4g per day
For Child 10-11 years	300mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day up to max 2.4g per day
For Child 12-17 years	Initially 300-400mg 3-4 times a day (up to 600mg 4 times a day) maintenance 200-400mg 3 times a day