

POST ORAL SURGERY - ADDITIONAL PAIN RELIEF

Routine post oral surgery pain management consists of regular and maximum paracetamol & ibuprofen. Both of which are readily available from most supermarkets and pharmacies and do not require a script.

If you are still in pain after **regular and maximum** paracetamol & ibuprofen then we recommend you take additional pain relief medication such as Oxycodone or Tapentadol when required.

Tapentadol & Oxycodone are only available with a script.

Tapentadol IR (Immediate Release) 50mg

Tapentadol is a strong pain relief medication. It is generally not required after simple, non-surgical tooth extractions or dental implants procedures.

If you are still in pain after **regular and maximum** paracetamol and ibuprofen you can take 50 - 100mg of tapentadol every 4 - 6 hours as required, only if you are still in pain after taking paracetamol and ibuprofen. **Do not take Tapentadol if you are not in pain.** If pain is less severe, start with a lower dose and/or take less frequently. Note one tablet is typically 50mg.

Tapentadol safety checklist

Do you have any liver issues?

Do you have any kidney or renal issues?

Do you have paralytic ileus (intestinal blockage)?

Are you taking any type or antidepressant, antipsychotic, anti-anxiety or sedative medications, or sleeping tablets?

Do you have epilepsy?

If you answered yes to any of the above questions, Tapentadol may not be suitable for you. And in that case oxycodone may be more suitable for you.

Oxycodone 5mg

Oxycodone is a strong pain relief medication. It is generally not required after simple, non-surgical tooth extractions or dental implant procedures. It is an alternative to Tapentadol.

If you are still in pain after **regular and maximum** paracetamol and ibuprofen you can take Oxycodone as indicated by your age bracket below. Note one tablet is typically 5mg.

Age	Oral Oxycodone Dose (mg)	Age	Oral Oxycodone Dose (mg)
15-39	5 - 20	70 - 85	2.5 - 5
40 - 59	5 - 15	> 85	2.5
60 - 69	5 - 10	If pain is less severe, start with a lower dose and/or take less frequently.	

The above doses can be taken up to every 3 hours, only if still in pain. **Do not take Oxycodone if you are not in pain.**

Warnings

Tapentadol & Oxycodone can make you sleepy, dizzy, or lightheaded. Do not drive or operate heavy machinery until you know how Tapentadol or Oxycodone affects you. Do not drive or operate heavy machinery if these medications make you feel sleepy, dizzy, lightheaded or otherwise impaired.

Tapentadol & Oxycodone can also cause tolerance, dependence and respiratory suppression. They can even cause respiratory arrest and death in an overdose situation. However, they are very common pain relief medications and they are safe to take if still in pain and if taken according to these guidelines.

Do not combine Tapentadol and Oxycodone. Take either one or the other for additional pain relief, but do not take both.

Side effects

Tapentadol & Oxycodone have side effects. The most common unwanted side effects are **nausea, constipation & lethargy**. See our "OPIOID SIDE EFFECT MANAGEMENT" sheet for more information.

OPIOID SIDE EFFECT MANAGEMENT

Below you will find some explanations and instructions about how to manage the side effects of Tapentadol & Oxycodone.

Opioid side effect

Tapentadol and Oxycodone are opioids. They are strong and effective pain relief medications that are often required after surgical tooth extractions. Opioid medications often have unwanted side effects. The most common unwanted side effects are **nausea, constipation & lethargy**. We recommend taking anti-nausea medication (ondansetron) and simple laxatives (ie. Coloxyl & Senna and/or Movical) to counteract these side effects.

Nausea

Nausea and/or vomiting is not a common issue after having teeth removed. However, opioid medications such as Tapentadol & Oxycodone can cause severe nausea and vomiting in some individuals. If you are experiencing nausea and/or vomiting please contact our clinic and we will fax a script for an anti-nausea medication (such as ondansetron) to your closest pharmacy.

Ondansetron is an anti-nausea medication, take 4 - 8mg, up to twice a day if the oxycodone or tapentadol medication makes you feel nauseous.

Ondansetron is only available with a script.

Tapentadol generally causes less nausea than Oxycodone in most people.

Constipation

Opioid medications such as Tapentadol or Oxycodone very often make patients constipated. To counteract this we recommend you consider taking laxatives such as Coloxyl & Senna and/or Movicol whilst taking these medications.

Coloxyl & Senna are tablets, which are simple over the counter laxatives. Take up to 2 tablets twice a day.

Movical is a sachet of powder you dissolve in water and is also available over the counter. Take up to 2 sachets twice a day.

You will need to balance the amount of laxatives with the amount of opioid medication you are taking. For example, if you are needing a lot of Tapentadol or Oxycodone, we recommend you take 2 Coloxyl and Senna tablets **and** 2 Movical sachets twice a day. However, if you are only needing a small amount of Tapentadol or Oxycodone, then you may only require 1 Coloxyl and Senna twice a day.

Coloxyl & Senna, and Movical are both 'over the counter medications', they do not require a script. They are readily available from most pharmacies.

Tapentadol generally causes less constipation than oxycodone in most people.

Lethargy

Tapentadol & Oxycodone can make you sleepy, dizzy, or lightheaded. Do not drive or operate heavy machinery until you know how Tapentadol or Oxycodone affects you. Do not drive or operate heavy machinery if these medications make you feel sleepy, dizzy, lightheaded or otherwise impaired.

Disclaimer

These post operative guidelines were developed by Dr Andrew Chan (MD FRACDS BDS) at Adelaide Tooth Removals & Dental Implants. They are provided as a general guide for use by dentists performing oral surgery. The advice provided here is general in nature. Your treating dentist may need to modify and/or customise some of the advice here depending on your circumstances and medical history. And it is your treating dentist's responsibility to do so if required. Dr Andrew Chan & Adelaide Tooth Removals & Dental Implants take no responsibility for the advice or care provided by other dentists who may wish to use these guidelines. Any dentist using these guidelines agrees to take all responsibility for your care and any advice provided.