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.

**MODERATE TO SEVERE PAIN**

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

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:**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Before Bed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000mg paracetamol</td>
<td>1000mg paracetamol</td>
<td>1000mg paracetamol</td>
<td>1000mg paracetamol</td>
</tr>
<tr>
<td>400mg to 600mg ibuprofen</td>
<td>400mg to 600mg ibuprofen</td>
<td>400mg to 600mg ibuprofen</td>
<td>400mg to 600mg ibuprofen</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Paracetamol</th>
<th>Dose</th>
<th>Ibuprofen</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Child 6 months-1 year</td>
<td>120mg every 4-6 hours max 4 x per day</td>
<td>For Child 6-11 months</td>
<td>50mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day</td>
</tr>
<tr>
<td>For Child 2-3 years</td>
<td>180mg every 4-6 hours max 4 x per day</td>
<td>For Child 1-3 years</td>
<td>100mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day</td>
</tr>
<tr>
<td>For Child 4-5 years</td>
<td>240mg every 4-6 hours max 4 x per day</td>
<td>For Child 4-6 years</td>
<td>150mg 3 times a day, max daily dose in 3-4 divided doses; max 30mg/kg per day</td>
</tr>
<tr>
<td>For Child 6-7 years</td>
<td>240-250mg every 4-6 hours max 4 x per day</td>
<td>For Child 7-9 years</td>
<td>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</td>
</tr>
<tr>
<td>For Child 8-9 years</td>
<td>360-375mg every 4-6 hours max 4 x per day</td>
<td>For Child 10-11 years</td>
<td>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</td>
</tr>
<tr>
<td>For Child 10-11 years</td>
<td>480-500mg every 4-6 hours max 4 x per day</td>
<td>For Child 12-17 years</td>
<td>Initially 300-400mg 3-4 times a day (up to 600mg 4 times a day) maintenance 200-400mg 3 times a day</td>
</tr>
<tr>
<td>For Child 12-15 years</td>
<td>480-750mg every 4-6 hours max 4 x per day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For Child 16-17 years</td>
<td>0.5-1g every 4-6 hours max 4 x per day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Initially 300-400mg 3-4 times a day (up to 600mg 4 times a day) maintenance 200-400mg 3 times a day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information

If further information is required seek advice from a pharmacist, a medical practitioner or the North West Medicines Information Centre/National Dental Medicines Information Service (NWMIC). The NWMIC enquiry service is available Monday to Friday 08.30 to 17.00 by phone on 0151 794 8113 or email at nwmedinfo@nhs.net

Visit www.evidence.nhs.uk for UKMi and NHS Medicines Information resources.

Remind patients that if they exceed the recommended dose or experience any abnormal reactions seek advice from a pharmacist, their GP or attend A&E in the case of an emergency.

antibiotics DON’T cure toothache!

Encourage patients and colleagues to become an antibiotic guardian
www.antibioticguardian.com

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