

# FIND INFORMATION AND SUPPORT

Learn how you can help prevent addiction. Find the best information about treatment if needed.

**Recovery is possible.**

If you are not sure where to start or need immediate help, call:

**1-800-652-2929**

in New Castle County

**1-800-345-6785**

in Kent and Sussex Counties

Or visit: [www.HelpisHereDE.com](http://www.HelpisHereDE.com)



# OPIOID USE AND PREGNANCY

Using opioids while pregnant could harm your baby. If you are pregnant, might be pregnant, or are trying to get pregnant, talk with your dental provider. The risks and benefits of medication use during pregnancy should always be considered.

If you are pregnant and using heroin or other illegal substances, talk to your dental provider. You have treatment options. Do not quit without talking to a health professional. If you stop heroin or other substances without medical help, it could harm your pregnancy and your baby.

Medication Assisted Treatment is a legal treatment option. To learn more about treatment options, call:

**1-800-652-2929**

in New Castle County

**1-800-345-6785**

in Kent and Sussex Counties



*DELAWARE HEALTH AND SOCIAL SERVICES*  
Division of Public Health  
Bureau of Oral Health and Dental Services



**Healthy Smiles**

# NOT ALL PAIN IS THE SAME.

**Learn how to manage your, or your child's, dental pain in a safe and healthy way.**

# PAIN EXPLAINED

There are some dental procedures that may cause various levels of discomfort. Your dental provider may prescribe medication to make you more comfortable.



Pain from dental work generally comes from two pathways. One pathway is tissue injury and inflammation. Inflammation is part of the healing process, but it can be uncomfortable. The other pathway is from receptors in the nervous system.

Knowing which type of pain you have can help you and your dental provider determine the type of pain management that is most appropriate for you.

# PAIN MANAGEMENT

While opioids are well known, they are not needed to manage most types of pain after a dental procedure. In fact, treating pain with opioids can put you at unnecessary risk for addiction.

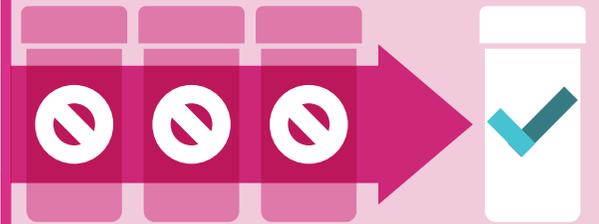


Tissue injury and inflammation are best treated with over-the-counter drugs. There are fewer side effects and less risk for addiction.

Opioids are good at easing the nervous system. They help you forget about the pain, but don't actually treat it. Once the drug subsides, the pain often comes back. Additionally, opioid pain medications are addictive. These include hydrocodone (Vicodin®), codeine, oxycodone (OxyContin® or Percocet®), tramadol and morphine.

# WHAT YOU CAN DO

**Take an active role in your health care.** Talk to your dental provider about your, or your child's, procedures and associated pain. Tell them about prescriptions, other drugs, even the vitamins currently being taken.



**Don't stop taking any medicines prescribed by a health professional. You need to talk to them first.**

Stopping the RIGHT medication can do as much harm as starting the WRONG one.

Talking with your dentist about your options is the best way to determine the right medicine for you. You play a critical role in your, and your children's, health care. Prevent addiction by talking with your dentist about pain management options.