



# Texas Dental Prescription Resource Fact Sheet

The Texas Prescription Monitoring Program (PMP) collects and monitors prescription data for all Schedule II, III, IV and V controlled substances dispensed by a pharmacy in Texas or to a Texas resident from a pharmacy located in another state. The PMP also provides a venue for monitoring patient prescription history for practitioners and the ordering of Schedule II Texas Official Prescription Forms.

<http://www.pharmacy.texas.gov/PMP/>

BEST DRUGS FOR DENTAL PAIN				
PAIN LEVEL	MILD	MILD-TO-MODERATE	MODERATE-TO-SEVERE	SEVERE
RECOMMENDED PAIN RELIEVER	An over-the-counter NSAID such as ibuprofen (Advil, Motrin IB, and generic) or naproxen (Aleve and generic).	A prescription-strength NSAID or a higher dose of an OTC product (as advised by your dentist).	Both an NSAID and acetaminophen (Tylenol and generic).	An NSAID and a prescription opioid for the first 24 to 48 hours. Then stepping back to just an NSAID, or an NSAID combined with acetaminophen.
IMPORTANT CAUTIONS		Never exceed the dose of a pain reliever recommended on the product label without your provider's OK.	Never exceed 8 extra strength 500mg acetaminophen tablets per day or a total of 4000mg of acetaminophen	Never combine prescription opioids that contain acetaminophen (Percocet Tylenol #3 and Vicodin) with an OTC product that contains acetaminophen (Tylenol and many cough and cold drugs). Doubling up on acetaminophen can damage the liver and can be fatal.

**NSAID - Nonsteroidal anti-inflammatory drug**  
 Moore, P. and Hersh, E., "Combining Ibuprofen and Acetaminophen for Acute Pain Management After Third Molar Extraction," Journal of the American Dental Association, Aug. 2013.  
<http://bit.ly/2CBu5hV>

## Ways Dentists Can Help with the Opioid Crisis

- Dental professionals should limit opioid prescriptions for acute pain to no more tablets than are necessary.
- Dental professionals should check prescription drug monitoring program data before writing an opioid prescription.
- Dental professionals should be ready to intervene when necessary. It's important to discuss your concerns with the patient.



- Ibuprofen and Naproxen for molar extraction
- Examination before extension
- Be aware of opioid offerings in and out of your office
- Offer risk-factor screenings

Theresa Pablos, "ADA, CDC webinar summarizes dentists' role in opioid crisis." Dr. Bicuspid. Feb. 16, 2018 <http://bit.ly/2Cs6uyQ>.

Scott Murray, "4 Ways Dentists Can Help with the Opioid Crisis." MultiBriefs: Exclusive. Nov. 30, 2017 <http://bit.ly/2ABJYDw>

## Prescription/Opioid Resources

22 Texas. Admin. Code § 170.3 (2007)  
<http://bit.ly/2k1DpEj>

ADA's Mouth Healthy—"Opioids"  
<http://www.mouthhealthy.org/en/az-topics/o/opioids>

ADA's Policy Statement on the use of Opioid Treatment for Dental Pain  
<http://bit.ly/2h9FOeQ>

ADA's Practical Guide to Substance Use Disorders and Safe Prescribing, available for purchase on the ADA website <http://bit.ly/2CCYe07>

AMA's Encourage safe storage & disposal of all Rx medications  
<https://www.end-opioid-epidemic.org/storage-and-disposal/>

Healthcare Informatics, How Health IT Tools are Working to Reduce the Prescription Opioid Epidemic <http://bit.ly/2iLsfoD>

HHS Office for Civil Rights on How HIPAA Allows Doctors to Respond to the Opioid Crisis <https://www.hhs.gov/sites/default/files/hipaa-opioid-crisis.pdf>

Prevention of Prescription Opioid Abuse - Journal of the American Dental Association  
<http://bit.ly/2Cj61iL>

State-by-State Summary of Opioid Prescribing Regulations and Guidelines  
<http://bit.ly/2BqEhw5>

Utilization of Texas Prescription Monitoring Program: A Texas Pain Society White Paper  
<http://www.texaspain.org/assets/bestpractices13.pdf>

