Over-The-Counter Toothache Pain Medication Guide

Recommendations for the Most Proven Pain Medications

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At AskMyDentistTV.com

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Writing this short information ebook comes from a many years of seeing great, loving, kind people in such desperation. The inspiration that my patients have provided me will far outweigh the little I can give back. I maintain a family dental office, but I don’t want to lose site of the people that might not be able to sit in my chair at the office. I understand that being able to afford the dentist, finding one you trust, and staying on track with your health is a difficult undertaking. My mission is to help you through your dental troubles so that you can stay comfortable and find a provider that fits your needs. If I can guide you in any way you can contact me through all the social media platforms on the website.

Yours in health,

Dr. Sam Weisz D.D.S
Navigating the maze of over the counter medications is a difficult task, with so many to choose from. This guide should steer you in the right direction in terms of which medications may be right for your use. The guide below discusses, through medical research and lab testing what has been declared the most effective medication for dental pain. It must be understood that many people have adverse reactions to various medications and therefore the medication of choice needs to be looked at on a person by person basis. Assuming there you have no risk of allergies, liver, kidney or other systemic problems, and all things being equal, the studies have concluded a clear winner.

**IBUPROFEN 400-600mg...is proven to be the drug of choice.**

Please consult your doctor and the package instructions before taking any medications. If you have had a reaction to ibuprofen, advil, or other brands like Motrin avoid their use. Understand that these medications can be harmful to your liver, kidneys, and other bodily functions if taken for more than 2-3 days. Or if not taken properly.

It is worth noting how ibuprofen works and why it is so important to get the root source of your pain fixed. Prolonged pain and use of pain medications can have a very bad effect on your body and its systems. Most notably ibuprofen is known to cause bad side effects to your intestinal tract through breakdown in the lining of your stomach and intestinal track.

Understand the limitations, Ibuprofen otherwise known as Motrin or Advil is the pain reliever of choice in my dental practice. Based on the studies, (which I have summarized and translated below into non medical terms) **ibuprofen is the most effective over the counter dental pain medication available, better than many prescription pain medications based on studies.**

Ibuprofen (Motrin/Advil) **OUTPERFORMS** Tylenol (called acetaminophen) as well as prescription strength Tylenol #3 (Tylenol with Codeine) when it comes to dental pain.

The most important part of these studies showed 2-3 tablets of 200mg over the counter Ibuprofen needed to be taken in order to be effective against dental pain. **That means that 400-600mg of Ibuprofen were taken every 4-6 hours as needed.**

If you are interested in THE BIOLOGY I have summarized the scientific articles that reviewed important studies on the topic of pain medications. Excerpts from the study below make the case for Ibuprofen as the gold standard.

Before diving into the research it is worth noting the action of ibuprofen and some of its competitors to see why it is considered the standard of care. Ibuprofen is both a pain reliever and an anti-inflammatory. It is in a class of drugs called NSAID’s and as such blocks certain COX receptors in the body which act to block pain receptors and the inflammatory response is limited.
Tylenol in turn is a useful pain reliever but it does not have help with inflammation in the same way as ibuprofen. Tylenol can be used to reduce fever as well and in general has less side effects than ibuprofen. The medical community is abuzz, due to patients taking increased amounts of acetaminophen which has a high risk for liver toxicity. For more information about pain medications I would encourage you to check the manufacturer’s labels closely. Now you can be considered an expert on the topic of pain medication for dental issues, below are some of the highlights after a review of various medical studies. Use this new knowledge and extend it to other pain arenas to help with managing your aches and pains.

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Ahmad and colleagues compiled data from studies throughout the past 30 years. There compilation "demonstrated, that specific doses of the NSAIDs (like) ibuprofen, are more effective for relieving pain than the commonly prescribed Tylenol #3"(Ahmad 124).

The same article which reviewed and analyzed lots of the important studies, showed “that, in the dental pain model, (ibuprofen), when they are prescribed at appropriate doses may (work better) than prescription Tylenol #3”(Ahmad 124).

Ibuprofen was the clear winner, but for those who have adverse affects should know that the "Analysis of the (pain relief) provided by naproxen (known as aleve) did not demonstrate significant differences from those provided by prescription Tylenol #3"

However, "Better pain relief was obtained from prescription Tylenol #3 compared with 600 and 1000 mg of acetaminophen (Tylenol) "(Ahmad 122).

If you are interested, here is a link to the full scientific article...


The efficacy of nonopioid analgesics for postoperative dental pain: a meta-analysis.