**Antibiotics don’t cure a toothache!**

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| **Pediatric pain relief recommendations** |

**Truth**: Pain relief can be used in conjunction with local tooth care received from the dentist. Although opioid medications may rarely be indicated for severe, acute pain or breakthrough pain, evidence demonstrates in the vast majority of cases that non-narcotic regimens (over-the-counter acetaminophen and/or ibuprofen) are ***superior*** in relieving dental pain. Examples of these opioid medications that are less effective for dental pain, with more side effects and the potential for addiction, include: hydrocodone with acetaminophen (brand name Vicodin® or Norco®) or oxycodone with acetaminophen (brand name Percocet®).



Avoid ibuprofen in patients: with a hypersensitivity to aspirin or any other nonsteroidal anti-inflammatory drugs (NSAID) including those who have experienced attacks of asthma (difficulty breathing), angioedema (acute swelling allergic reaction), urticaria (hives) or rhinitis (runny or itchy nose) precipitated by aspirin or another NSAID; with active peptic ulcer disease or history of NSAID-associated ulcer disease; in the third trimester of pregnancy; with severe heart failure; taking any other NSAID painkillers. Use ibuprofen with caution in patients: with a history of asthma or other allergic disease, bowel problems, ulcerative colitis, Crohn’s disease or connective tissue disorders; patients with severe real, cardiac or hepatic impairment; 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, antidepressants, antianxiety medications, select serotonin reuptake inhibitors (SSRIs), lithium or antiplatelet agents.

Avoid acetaminophen in patients with hypersensitivity to acetaminophen or any of the preparation excipients. Use acetaminophen in caution in patients with severe hepatic or renal impairment.

**See dosing table on back side →**

For regimens combining acetaminophen and ibuprofen for children, use the dosing table below:

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| Acetaminophen | Dose | Ibuprofen | Dose |
| For child 6 months – 1 year | 120mg every 4-6 hours  max 4 x per day | **For child 6-11 months** | 50mg 3 times daily  max daily dose in 3-4 divided doses = 30mg/kg\*/day |
| For child 2-3 years | 180mg every 4-6 hours  max 4 x per day | **For child 1-3 years** | 100mg 3 times daily  max daily dose in 3-4 divided doses = 30mg/kg\*/day |
| For child 4-5 years | 240mg every 4-6 hours  max 4 x per day | **For child 4-6 years** | 150mg 3 times daily  max daily dose in 3-4 divided doses = 30mg/kg\*/day |
| For child 6-7 years | 240-250mg every 4-6 hours max 4 x per day | **For child 7-9 years** | 200mg 3 times daily  max daily dose in 3-4 divided doses = 30mg/kg\*/day up to max 2.4 grams/day |
| For child 8-9 years | 360-375mg every 4-6 hours  max 4 x per day | **For child 10-11 years** | 300mg 3 times a day  max daily dose in 3-4 divided doses = 30mg/kg\*/day up to max 2.4 grams/day |
| For child 10-11 years | 480-500mg every 4-6 hours  max 4 x per days | **For child 12-17 years** | Initially 300-400mg 3-4 times a day (up to 600 mg 4 times daily) maintenance 200-400mg 3 times daily |
| For child 12-15 years | 480-750mg every 4-6 hours  max 4 x per day | If you or your child exceed the recommended dose or experience any abnormal reactions, seek additional medical advice. It may be easiest to dose the acetaminophen at the same time as the ibuprofen. Ibuprofen should be taken with food. Acetaminophen may be taken with or without food. | |
| For child 16-17 years | 500-1000mg every 4-6 hours  max 4 x per day |

\*kg = kilogram; to convert kg to pounds, take kg weight and multiply by 2.2

Dosing tips:

* Ibuprofen and acetaminophen dosing can be staggered, however it may be easiest to take the ibuprofen and acetaminophen together at breakfast, lunch, dinner and before bedtime with food. Consider setting a cell phone alarm as a reminder to administer medication this often.

Caretaker Dosing Calculations/Notes:

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