

Your role in reducing addiction and deaths from opioids

Dentists are the leading prescribers of narcotics to young people (10-19 year-olds, in 2011).

Opioid addiction commonly begins with wisdom teeth extractions.

Less than half of opioids prescribed after surgical extractions are used.

Some dentists are part of the opioid problem. You can be part of the solution!

Dental patients should be encouraged to seek emergency dental care in dental offices. They should not seek it in emergency departments.

Many dental narcotic prescriptions come from patient expectations and traditions.

Nonsteroidal anti-inflammatory drugs (NSAIDs) can be at least as effective as opioid combinations, with fewer side effects.*

To find medication disposal locations call 1-800-882-9539 or visit <https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>.

* Moore, P., & Hersh, E. (2013). Combining ibuprofen and acetaminophen for acute pain management after third-molar extractions. *The Journal of the American Dental Association*, 144(8), 898-908. doi:10.14219/jada.archive.2013.0207

How to register and access the Oregon PDMP

- The Oregon PDMP is a web-based data system that contains information on Schedule II–IV controlled prescriptions dispensed by Oregon-licensed retail pharmacies.



- Register online: <http://www.orpdmp.com>
- All system users must apply individually. This includes dental providers and their staff applying as delegates. Only individuals can get access. Dental clinics cannot.
- If you need help registering, please contact the PDMP help desk at 1-866-205-1222 or orpdmp-info@apprisshealth.com.

You can get this document in other languages, large print, braille, or a format you prefer. Contact the Oral Health Unit at 971-673-0348, or email oral.health@state.or.us. We accept all relay calls or you can dial 711.

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Prescribing Opioids Safely as a Dentist



Responsible and compassionate opioid prescribing guidelines and the Prescription Drug Monitoring Program

Oregon Health Authority
PUBLIC HEALTH DIVISION
Oral Health Unit

Opioid addiction in Oregon

Drug overdose deaths remain the leading cause of unintentional injury death.

As of 2014, Oregon has the second highest rate of non-medical use of prescription pain relievers in the nation.

Pharmaceutical opioid use caused:

- 263 overdose deaths in 2015
- 381 overdose hospitalizations in 2014



If you suspect a patient is misusing opioids, refer them to the substance use helpline at 1-800-923-4357.

Guidelines for dental providers

Be aware of patients' substance abuse history.

- Use the Prescription Drug Monitoring Program (PDMP).
- Consult patients' other providers as needed.

You are discouraged from prescribing by phone. This is especially true for patients you have not met.

If you prescribe an opioid, prescribe only in small dosages. Usually, the dosage should not exceed three days or 10 tablets.

Be cautious with refills. Assess the patient in the clinic before prescribing again for a narcotic.

Use guidelines for acute pain management. (Recommended in *Principles of Pain Management in Dentistry in ADA Practical Guide to Substance Use Disorders and Safe Prescribing, 2015* (<http://ebusiness.ada.org/productcatalog/product.aspx?ID=8349>)):

- Mild to moderate pain: ibuprofen
- Moderate to severe pain: ibuprofen and acetyl-para-aminophenol (APAP)
- Severe pain: ibuprofen and hydrocodone/APAP

Use combination opioids (e.g., hydrocodone/APAP, rather than plain hydrocodone) when an opioid is necessary.

The patient's primary care provider should manage or coordinate prolonged pain management (while they await specialty care).

Guidelines continued

Dentists should not prescribe long-acting or controlled-release opioids.

Tell patients how to secure medication against diversion. Also, let them know how to dispose of leftover medication safely.

You may use the Drug Enforcement Administration's (DEA) website to find out where to dispose of medications safely. Go to <https://apps.dea diversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>.



Find opioid prescribing guidelines for dental providers here: <http://bit.ly/2sZtdhz>.