



Family Dentistry

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IMPRESSIONS

2017 Campbell Dr. ■ Torrington, Wyoming 82240 ■ (307) 532-4448

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Dentistry and Opioids

THE PRESCRIPTION AND SUBSEQUENT ABUSE OF OPIOID PAIN MEDICATIONS in our country has become a public health emergency. For many who abuse these drugs, their first exposure often came from an oral surgeon or dentist prescribing opioids since they commonly were the post-operative analgesic of choice after the removal of third molars or “wisdom teeth.” Now at a critical stage in the opioid crisis, dental professionals are aiming to be the foremost advocate of utilizing non-opioid pain management prescriptions in order to curb misuse and possible addiction.

In 2019, nearly 1.7 million Americans suffered from substance abuse disorders related to prescription opioids and almost 50,000 died from opioid-involved overdoses. This crisis affects more than just the public health, as the Centers for Disease Control and Prevention estimates the economic burden at nearly \$80 billion annually factoring in the costs of healthcare, treatment, and involvement in the criminal justice system. Dentistry’s contribution to this was not insignificant as wisdom teeth removal continues to be one of the most common surgical procedures with over 3.5 million extractions performed annually, and almost 85% of dentists were previously prescribing opioids for post-operative pain following the procedure.

Our referring oral surgeon, Dr. Nathan Steele in Cheyenne, has been doing a fantastic job of ensuring our patients not only have a great experience in getting their wisdom teeth removed, but also limiting their



“The best available data suggests that the use of nonsteroidal medications [NSAIDs], with or without acetaminophen, offers the most favorable balance between benefits and harms, optimizing efficacy while minimizing acute adverse events,” according to a study from Case Western School of Dental Medicine published in The Journal of the American Dental Association.

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post-operative discomfort with non-opioid therapy. He uses longer acting combination anesthetic in addition to placing growth factor and platelet rich protein in the extraction site to promote quicker healing and regeneration. They also use IV steroids which have been shown to decrease post-operative pain and prescribe Toradol—a non-narcotic—as part of their post treatment therapeutic regimen.

Fortunately, the dental field has been a leader in the research and prescription of alternatives to opioids in the treatment of post-operative pain. One of the most common and simple opioid substitutes is the combination of ibuprofen (commonly known as Advil or Motrin) and acetaminophen (brand named Tylenol). These over-the-counter medications provide more effective relief than opioids and are much less likely to create negative side effects.

Since the 1980's, we at Pieper and Marsh Family Dentistry have not prescribed opioids or narcotics for pain. For many of our patients potentially experiencing post-operative pain, in our office we will prescribe or provide 600 mg of ibuprofen and 650 mg of acetaminophen as our first line of therapy. Not only is this a much more effective regimen for the patient, it is also significantly easier to acquire as most have ibuprofen and acetaminophen in their medicine cabinets at home. The FDA also recently approved the first combination drug—Advil Dual Action—for over-the-counter purchase. With the mass availability of ibuprofen and acetaminophen in one simple capsule “the introduction of this medication will further simplify its protocol for use in dental practice and further reduce the use of opioid prescriptions as first-line pain control therapy,” according to the American Dental Association (ADA).



Other initiatives taken by the ADA and dentists to help curb the opioid crisis include working with physicians and emergency departments to refrain from prescribing narcotics to patients visiting the ER with acute dental pain. With more complex surgical procedures, opioid therapy may be warranted, however most prescribers will only give enough for 3 days as opposed to the traditional 7-day therapy. In the event opioids are prescribed, they are now done so electronically as part of the multi-organization Prescription Drug Monitoring Program (PDMP). This program allows prescribers to ensure patients are not receiving more than the absolute necessary amount.

With the many ways to combat the opioid crisis at our disposal, we here at Pieper and Marsh Family Dentistry are committed to being proactive in doing our part to prevent opioids from becoming a source of harm. As our nation and the medical and dental professions strive to move in a positive direction from this crisis, we will continue to be at the forefront of the standard of care for our patients and our community.

Antibiotics and Dentistry

ANTIBIOTICS HAVE TRADITIONALLY

been over used in the Medical field. Sometimes antibiotics are prescribed for viral infections, which are ineffective.

Antibiotics are necessary for a myriad of bacterial infections. However, if antibiotics are over used and over prescribed, we will have many people vulnerable to antibiotic resistant bacterial infections. This means that loss of life is possible in situations that previously would have been avoided with the traditional dose of antibiotics.

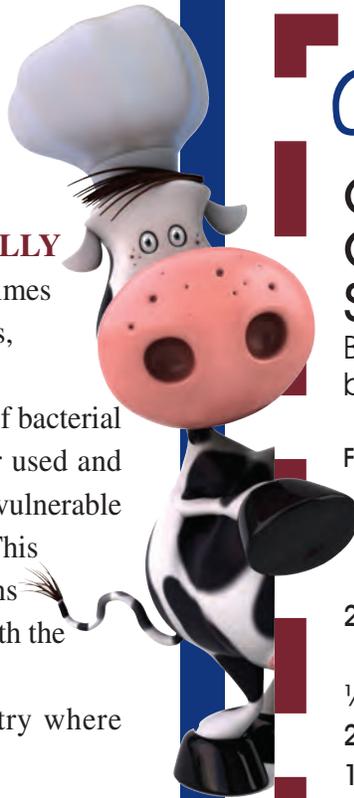
There are certain instances in dentistry where antibiotics are necessary:

1. Where there is cellulitis, swelling, and fever from an abscess, or persistent gum infection (periodontal disease).
2. For premedication when there are complicated heart disease issues, like heart valve replacements (stint and bypass procedures no longer require premedication).
3. For premedication when there are complications from joint replacements (normal joint replacements no longer require premedication).
4. For cellulitis from tooth extraction (dry sockets).

If you have a tooth ache from an abscess, an endodontic therapy (root canal) will take the pain away and no antibiotic is necessary.

The antibiotic of choice for abscessed teeth and dry sockets is Clindamycin. The antibiotic of choice for periodontal conditions is Tetracycline. This may vary if there are allergies to any of these medications.

The best practice is not to take an antibiotic unless any of the above conditions make it necessary.



Cook's Corner

Chopped Greek Salad

Brought to you by Julie Youtz



FOR THE DRESSING:

- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 2 tablespoons lemon juice
- 1/2 teaspoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- Kosher salt and black pepper to taste

FOR THE SALAD:

- 6 cups chopped Romaine lettuce
- 1 seedless cucumber, chopped
- 1 pint grape tomatoes, halved
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 1/2 cup pitted and halved Kalamata olives
- 14 oz. chickpeas, rinsed and drained
- 14 oz. feta cheese, cubed or crumbled
- Homemade pita chips, homemade or store bought, optional

•First, make the Greek salad dressing. In a small bowl or jar, wish together the olive oil, red wine vinegar, lemon juice, Dijon mustard, garlic, oregano, salt, and black pepper. Set aside

•In a large bowl, combine the romaine lettuce, cucumber, tomatoes, red pepper, artichokes, red onions, Kalamata olives, chickpeas, and feta cheese. Break pita chips up into salad. Drizzle with dressing and toss till all of the ingredients are well coted. Serve immediately.



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Appointment Sec.: Tracy Flock
Office Manager: Leslie Gubbels



Office Hours

8:00 a.m. - 5:00 p.m.
Monday - Thursday



STAFF CORNER



Meet Tisha Duffield

I grew up in the panhandle of Nebraska and have lived here in Torrington since the summer of 2010 with a desire to do cosmetology. Life had other plans and lead me into the dental world. I began dental assisting in the late summer of 2014, I took a break to take care of my son then started as an assistant here at Pieper and Marsh Family Dentistry in late September 2020. I am truly grateful to be here, where I work with an incredible group of people and have

the opportunity to work with amazing patients. I enjoy getting to help bring smiles to their faces and look forward to meeting new patients while getting to know our current ones.

Tooth Trivia



- * Without saliva, we would not be able to taste anything.
- * Many diseases are linked to oral health including heart disease, diabetes and osteoporosis.
- * Plaque is a residue that is made up of excess bacteria in the mouth.
- * The tongue is the only muscle in the human body that works without any support from the skeleton.
- * We produce about 37,854 liters of saliva during our lives, that's enough to fill two swimming pools.
- * An average person spends 38.5 days brushing their teeth over the course of their lifetime
- * Smiling helps you live longer. Every time you smile, your body produces greater amounts of antibodies, giving you an immunity boost.
- * Humans have two sets of teeth in their lifetime, whereas sharks have 40.