



THINK NSAIDS

- Drug overdoses caused 3 times as many deaths as homicides in Philadelphia in 2019. 80% involved an opioid.
- 4 out of 5 new heroin users start with prescription opioids.¹
- NSAIDs are as effective or more effective than opioids for dental pain,² post-operative pain,³ low back pain⁴ and knee osteoarthritis.⁵

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2. Moore PA, Hersh EV. Combining ibuprofen and acetaminophen for acute pain management after third-molar extractions: translating clinical research to dental practice. *J Am Dent Assoc.* 2013 Aug;144(8):898-908.

3. Moore RA, Derry S, Aldington D, Wiffen PJ. Single dose oral analgesics for acute postoperative pain in adults - an overview of Cochrane reviews. *Cochrane Database Syst Rev.* 2015 Sep 28;(9):CD008659.

4. White AP, Arnold PM, Norvell DC, Ecker E, Fehlings MG. Pharmacologic management of chronic low back pain: synthesis of the evidence. *Spine (Phila Pa 1976).* 2011 Oct 1;36(21 Suppl):S131-43.

5. Smith SR, Deshpande BR, Collins JE, Katz JN, Losina E. Comparative pain reduction of oral non-steroidal anti-inflammatory drugs and opioids for knee osteoarthritis: systematic analytic review. *Osteoarthritis Cartilage.* 2016 Jun;24(6):962-72.

OPIOID PRESCRIBING

Key Recommendations

- Do not prescribe opioids for **chronic pain**.
- **3 days or less** is usually sufficient for acute pain.
- Prescribe the **lowest effective dose** and avoid increasing dose to ≥ 90 MME/day.
- **Avoid concurrent** benzodiazepine and opioid prescribing.

