



Opioids and you

How can you be a part of the solution

What are opioids?

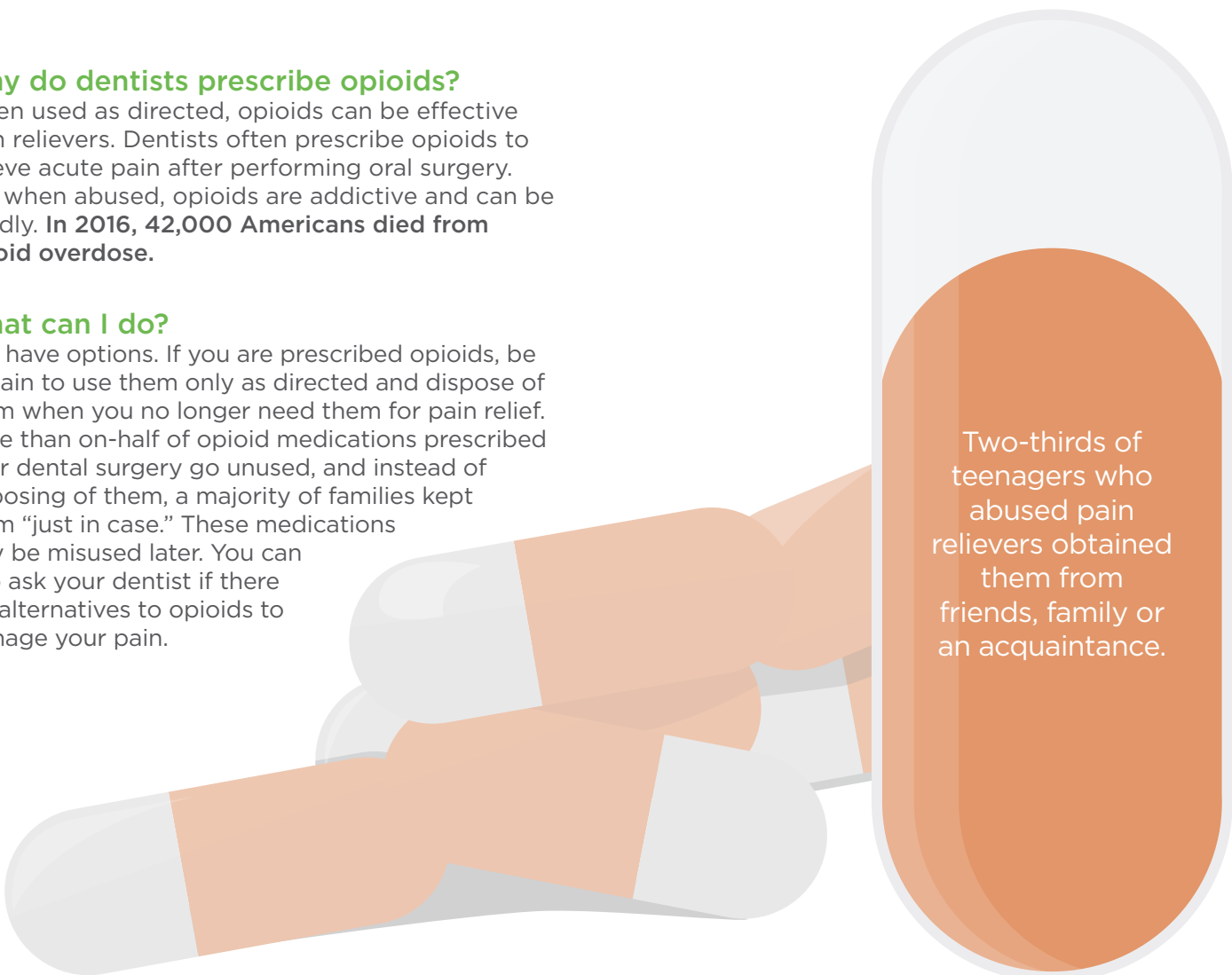
Opioids cause your brain to release endorphins, which both stifle your perception of pain and make you feel good. The feeling is temporary but powerful. This is one reason opioids are so addictive.

Why do dentists prescribe opioids?

When used as directed, opioids can be effective pain relievers. Dentists often prescribe opioids to relieve acute pain after performing oral surgery. But when abused, opioids are addictive and can be deadly. **In 2016, 42,000 Americans died from opioid overdose.**

What can I do?

You have options. If you are prescribed opioids, be certain to use them only as directed and dispose of them when you no longer need them for pain relief. More than on-half of opioid medications prescribed after dental surgery go unused, and instead of disposing of them, a majority of families kept them “just in case.” These medications may be misused later. You can also ask your dentist if there are alternatives to opioids to manage your pain.



Two-thirds of teenagers who abused pain relievers obtained them from friends, family or an acquaintance.

To learn more and see a complete list of references, visit DeltaDentalMN.org/opioids