



This pamphlet is designed to help start the conversation with your dentist.

Just because it hurts, don't stop seeing your dentist for routine check-ups and visits. It could complicate your general health.

If you, or someone you know, has symptoms which may be trigeminal neuralgia (TN), seek the care of a qualified neurologist for a proper diagnosis and treatment.

If you, or your dentist, have more questions, please contact us at OCTNA as listed. We maintain a list of healthcare providers who treat TN patients, and have other resources to assist you.

The Orange County Trigeminal Neuralgia Association
(OCTNA)

is a chapter of the national
Facial Pain Association.

For more information about our support group meetings or to become a member, please call us at (714) 944-3044 or send us an email at OCTNAFPA@yahoo.com

We welcome you!

*If you are feeling ill, you need us;
If you are feeling better,
we need you!*

Getting to the Root of the Problem

Preparing for Your Dental Visit

A Guide for
Trigeminal Neuralgia Patients

Helping you talk with your dentist
about TN and finding ways to
minimize the pain

Prepare for your Dental Visit

- Schedule your dental visits when your pain is under control
- Be sure to take your medications before any dental visit, check-up or dental hygiene appointment
- Be ready to have a discussion with your dentist about your condition
- Bring TN literature with you (e.g., brochures, diagnostic check list, articles, books, the TN handbook, *Striking Back!*)
- Get acquainted with your dentist. Ask if he/she is familiar with the condition and treats other TN patients?

Talk with your Dentist

Let your dental practice know you have TN. Ask if they will work with you to minimize your pain during your visit?

If so:

- Ask about using topical gels and sprays to temporarily numb the gum areas
- Ask the dentist and staff, if possible, to avoid touching your face where it hurts
- It's OK to ask the dentist to stop the procedure for a moment if you are feeling pain or discomfort
- Sometimes it's good to have the dentist and hygienist work on the most sensitive area(s) last
- A root canal will end the pain for the treated tooth; it will not address the underlying issue(s). If you need or want this procedure, only your (the patient's) consent is needed. Simply inform your dental professional. If circumstances permit, speak with a neurologist first.

Anesthesia for Your Dental Procedure

Recommendations for Dentists:

- Never inject directly into the Trigeminal nerve near the back of the jaw
- Numb only the tooth being treated
- Don't use Epinephrine ingredients, which are vasoconstrictors
- Instead try: 1) Mepivacaine 3%, 2) Carbocaine 3% (Avoid using long-acting anesthetics, e.g., Articaine)
- When administering an injection do not shake the patient's lip or surrounding soft tissue, which can trigger a TN attack
- Patients are sensitive at the needle puncture site. So, the fewer needle punctures the better
- Rinsing with viscous lidocaine 2% before starting any injections or procedures may protect and lessen intraoral TN pain triggers