



# IADR

International Association  
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Contact:  
Matt Niner  
+1.703.299.8084  
[media@iadr.org](mailto:media@iadr.org)

## Pharmacology, Therapeutics, and Toxicology Session to Examine Opioids' Impact on Pain-Interference and Sleep

**Alexandria, VA, USA, June 17, 2022** – A study examining the effects of different analgesic combinations on sleep quality and pain interference will be presented at the [100<sup>th</sup> General Session and Exhibition of the IADR](#), to be held in conjunction with the 5<sup>th</sup> Meeting of the IADR Asia Pacific Region.

The Interactive Talk presentation, “Opioids’ Impact on Pain-Interference and Sleep: The OARS Pilot Study”, will take place on **Friday, June 24<sup>th</sup>, 2022 at 8 p.m. China Standard Time (UTC+08:00)** during the “Pharmacology/Therapeutics/Toxicology I” session.

Janine Fredericks-Younger of the Rutgers University School of Dental Medicine, New Brunswick, NJ, USA conducted a pilot study examining sleep quality and pain interference with different analgesic combinations in preparation for a double-blind, randomized multi-site comparative effectiveness trial investigating the non-inferiority of a combination of ibuprofen 400 mg/paracetamol 500mg (NON-OPIOID) to the most commonly prescribed opioid containing analgesic in dentistry - hydrocodone 5mg/paracetamol 300 mg (OPIOID). Patients undergoing impacted mandibular third molar surgery were recruited. Fifty-three (53) subjects were randomly assigned with 50 of them ultimately receiving investigational product. NON-OPIOID had significantly better sleep quality than OPIOID at 24, 48, and 72 hours (3.76 vs. 5.45 p=0.023; 3.44 vs. 5.25 p=0.006; 3.36 vs. 4.91 p=0.011) on a 10pt numeric rating scale (0=excellent sleep and 10=poorest sleep). NON-OPIOID also had significantly lower pain-interference scores at 24, 48, and 72 hours (2.39 vs. 2.94 p=0.064, 2.25 vs. 2.70 p=0.046; 2.03 vs. 2.58 p=0.040) on a 5pt Likert scale (lower score = less interference in daily activities). These results suggest that in addition to better pain control, the combination of ibuprofen and paracetamol may result in patients experiencing better sleep, and less interference with normal daily activities.

[View this Interactive Talk in the IADR General Session Virtual Experience Platform.](#)

### About IADR

The International Association for Dental Research (IADR) is a nonprofit organization with over 10,000 individual members worldwide, with a Mission to drive dental, oral and craniofacial research to advance health and well-being worldwide. To learn more, visit [www.iadr.org](http://www.iadr.org).

+1.703.548.0066  
+1.703.548.1883  
1619 Duke Street  
Alexandria, VA 22314-3406, USA  
[www.iadr.org](http://www.iadr.org)