Pain Science

Bachelor of Dental Surgery

Reference and Resource List — Chapters 1 to 12

Supporting the MCQ, SBA, SAQ and flashcard question bank

BM Education FZE

Disclaimer

Questions in this bank were generated with the assistance of artificial intelligence and reviewed against the references listed. They are provided for educational revision only, are not a substitute for prescribed textbooks, clinical guidelines or supervised clinical training, and no warranty is given as to their accuracy or completeness.

References are presented in Vancouver style. Part 1 lists the core sources that apply across the whole subject; Part 2 lists, for each chapter, the relevant sections of those core texts together with sources specific to that chapter. Numbers in square brackets in Part 2 refer to the core list in Part 1.

PART 1 — CORE REFERENCES (ALL CHAPTERS)

1.1 Principal pain science and orofacial pain texts

1. McMahon SB, Koltzenburg M, Tracey I, Turk DC, editors. Wall and Melzack's Textbook of Pain. 6th ed. Philadelphia: Elsevier Saunders; 2013.
2. Sharav Y, Benoliel R, editors. Orofacial Pain and Headache. 2nd ed. Chicago: Quintessence Publishing; 2015.
3. Okeson JP. Bell's Oral and Facial Pain. 7th ed. Chicago: Quintessence Publishing; 2014.
4. Okeson JP. Management of Temporomandibular Disorders and Occlusion. 8th ed. St Louis: Elsevier; 2020.
5. Sessle BJ, editor. Orofacial Pain: Recent Advances in Assessment, Management, and Understanding of Mechanisms. Washington (DC): IASP Press; 2014.
6. Zakrzewska JM, editor. Orofacial Pain. Oxford: Oxford University Press; 2009. (Oxford Pain Management Library).
7. Butler DS, Moseley GL. Explain Pain. 2nd ed. Adelaide: Noigroup Publications; 2013.

1.2 Basic science: neuroanatomy, neurophysiology and oral biology

8. Kandel ER, Koester JD, Mack SH, Siegelbaum SA, editors. Principles of Neural Science. 6th ed. New York: McGraw Hill; 2021.
9. Hall JE, Hall ME. Guyton and Hall Textbook of Medical Physiology. 14th ed. Philadelphia: Elsevier; 2021.
10. Standring S, editor. Gray's Anatomy: The Anatomical Basis of Clinical Practice. 42nd ed. Edinburgh: Elsevier; 2020.
11. Nanci A. Ten Cate's Oral Histology: Development, Structure, and Function. 10th ed. St Louis: Elsevier; 2024.
12. Berkovitz BKB, Holland GR, Moxham BJ. Oral Anatomy, Histology and Embryology. 5th ed. Edinburgh: Elsevier; 2017.

1.3 Pharmacology, therapeutics and local anaesthesia

13. Yagiela JA, Dowd FJ, Johnson BS, Mariotti AJ, Neidle EA, editors. Pharmacology and Therapeutics for Dentistry. 7th ed. St Louis: Elsevier; 2017.
14. Ritter JM, Flower R, Henderson G, Loke YK, MacEwan D, Robinson E, et al. Rang and Dale's Pharmacology. 10th ed. Edinburgh: Elsevier; 2023.

15. Joint Formulary Committee. British National Formulary. London: BMJ Group and Pharmaceutical Press. Available from: https://bnf.nice.org.uk
16. Malamed SF. Handbook of Local Anesthesia. 7th ed. St Louis: Elsevier; 2020.
17. Meechan JG. Practical Dental Local Anaesthesia. 2nd ed. London: Quintessence Publishing; 2010.

1.4 Clinical dentistry texts used across chapters

18. Odell EW, editor. Clinical Problem Solving in Dentistry. 4th ed. Edinburgh: Elsevier; 2020.
19. Challacombe SJ, Carey B, Setterfield J. Scully's Oral and Maxillofacial Medicine: The Basis of Diagnosis and Treatment. 4th ed. Edinburgh: Elsevier; 2023.
20. Glick M, Greenberg MS, Lockhart PB, Challacombe SJ, editors. Burket's Oral Medicine. 13th ed. Hoboken (NJ): Wiley Blackwell; 2021.
21. Hargreaves KM, Berman LH, editors. Cohen's Pathways of the Pulp. 12th ed. St Louis: Elsevier; 2020.
22. Newman MG, Takei HH, Klokkevold PR, Carranza FA, editors. Newman and Carranza's Clinical Periodontology. 13th ed. Philadelphia: Elsevier; 2019.
23. Coulthard P, Horner K, Sloan P, Theaker E. Master Dentistry Volume 1: Oral and Maxillofacial Surgery, Radiology, Pathology and Oral Medicine. 3rd ed. Edinburgh: Churchill Livingstone Elsevier; 2013.

1.5 Classification, terminology and diagnostic criteria

24. Raja SN, Carr DB, Cohen M, Finnerup NB, Flor H, Gibson S, et al. The revised International Association for the Study of Pain definition of pain: concepts, challenges, and compromises. Pain. 2020;161(9):1976-82.
25. International Association for the Study of Pain. IASP terminology. Washington (DC): IASP. Available from: https://www.iasp-pain.org/resources/terminology/
26. International Classification of Orofacial Pain, 1st edition (ICOP). Cephalalgia. 2020;40(2):129-221.
27. Headache Classification Committee of the International Headache Society. The International Classification of Headache Disorders, 3rd edition. Cephalalgia. 2018;38(1):1-211.
28. Schiffman E, Ohrbach R, Truelove E, Look J, Anderson G, Goulet JP, et al. Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for clinical and research applications. J Oral Facial Pain Headache. 2014;28(1):6-27.
29. Treede RD, Rief W, Barke A, Aziz Q, Bennett MI, Benoliel R, et al. Chronic pain as a symptom or a disease: the IASP Classification of Chronic Pain for the International Classification of Diseases (ICD-11). Pain. 2019;160(1):19-27.
30. Cruccu G, Finnerup NB, Jensen TS, Scholz J, Sindou M, Svensson P, et al. Trigeminal neuralgia: new classification and diagnostic grading for practice and research. Neurology. 2016;87(2):220-8.
31. Finnerup NB, Haroutounian S, Kamerman P, Baron R, Bennett DLH, Bouhassira D, et al. Neuropathic pain: an updated grading system for research and clinical practice. Pain. 2016;157(8):1599-606.

1.6 Guidelines, professional standards and public health sources

32. National Institute for Health and Care Excellence. Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain. NICE guideline NG193. London: NICE; 2021. Available from: https://www.nice.org.uk/guidance/ng193
33. National Institute for Health and Care Excellence. Neuropathic pain in adults: pharmacological management in non-specialist settings. NICE guideline CG173. London: NICE. Available from: https://www.nice.org.uk/guidance/cg173
34. National Institute for Health and Care Excellence. Suspected cancer: recognition and referral. NICE guideline NG12. London: NICE. Available from: https://www.nice.org.uk/guidance/ng12
35. Scottish Dental Clinical Effectiveness Programme. Drug Prescribing for Dentistry. 3rd ed. Dundee: SDCEP; 2016. Available from: https://www.sdcep.org.uk
36. Scottish Dental Clinical Effectiveness Programme. Management of Acute Dental Problems. 2nd ed. Dundee: SDCEP. Available from: https://www.acutedentalproblems.sdcep.org.uk
37. Faculty of Pain Medicine of the Royal College of Anaesthetists. Opioids Aware: a resource for patients and healthcare professionals to support prescribing of opioid medicines for pain. London: FPM. Available from: https://www.fpm.ac.uk/opioids-aware

38. Faculty of Pain Medicine of the Royal College of Anaesthetists. Core Standards for Pain Management Services in the UK. 2nd ed. London: FPM; 2021. Available from: https://www.fpm.ac.uk

39. World Health Organization. WHO guidelines for the pharmacological and radiotherapeutic management of cancer pain in adults and adolescents. Geneva: WHO; 2018. Available from: https://www.who.int/publications/i/item/9789241550390

40. General Dental Council. Standards for the Dental Team. London: GDC; 2013. Available from: https://standards.gdc-uk.org

41. General Dental Council. Preparing for practice: dental team learning outcomes for registration. London: GDC; 2015. Available from: https://www.gdc-uk.org

42. Dental Council of India. Bachelor of Dental Surgery (BDS) Course Regulations, 2007 (as amended). New Delhi: DCI.

1.7 Key journals for currency

Pain · European Journal of Pain · British Journal of Pain · Journal of Oral & Facial Pain and Headache · Cephalalgia · Journal of Oral Rehabilitation · Journal of Endodontics · International Endodontic Journal · Journal of Dental Research · British Dental Journal · Journal of Dentistry · Journal of the American Dental Association · Anesthesia Progress · Clinical Oral Investigations · Oral Surgery, Oral Medicine, Oral Pathology and Oral Radiology

PART 2 — CHAPTER-SPECIFIC REFERENCES

Chapter 1 — Foundations of Pain Science for Dentistry

1.1 Definition of pain and clinical relevance in dentistry · 1.2 Acute vs chronic pain · 1.3 Nociceptive vs inflammatory vs neuropathic pain · 1.4 Orofacial pain as a special domain · 1.5 Pain terminology · 1.6 Red flags requiring urgent referral

Core texts: [1] Introductory chapters on the definition, dimensions and classification of pain · [2] Chs. on the classification and epidemiology of orofacial pain · [3] Introductory chapters on pain concepts · [5] · [7] · [18] · [24] · [25] · [26] · [29] · [31]

Additional

- Loeser JD, Treede RD. The Kyoto protocol of IASP Basic Pain Terminology. Pain. 2008;137(3):473-7.
- Cohen M, Quintner J, van Rysewyk S. Reconsidering the IASP definition of pain. Pain Rep. 2018;3(2):e634.
- Kosek E, Cohen M, Baron R, Gebhart GF, Mico JA, Rice ASC, et al. Do we need a third mechanistic descriptor for chronic pain states? Pain. 2016;157(7):1382-6.
- Nicholas M, Vlaeyen JWS, Rief W, Barke A, Aziz Q, Benoliel R, et al. The IASP classification of chronic pain for ICD-11: chronic primary pain. Pain. 2019;160(1):28-37.
- Renton T. Dental (odontogenic) pain. Rev Pain. 2011;5(1):2-7.
- Zakrzewska JM. Differential diagnosis of facial pain and guidelines for management. Br J Anaesth. 2013;111(1):95-104.
- Macfarlane TV, Blinkhorn AS, Davies RM, Kincey J, Worthington HV. Oro-facial pain in the community: prevalence and associated impact. Community Dent Oral Epidemiol. 2002;30(1):52-60.
- Breivik H, Collett B, Ventafridda V, Cohen R, Gallacher D. Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment. Eur J Pain. 2006;10(4):287-333.
- Fayaz A, Croft P, Langford RM, Donaldson LJ, Jones GT. Prevalence of chronic pain in the UK: a systematic review and meta-analysis of population studies. BMJ Open. 2016;6(6):e010364.

Chapter 2 — Neuroanatomy and Neurophysiology of Pain (Applied)

2.1 Nociceptors: A-delta vs C fibres · 2.2 Peripheral transduction · 2.3 Peripheral sensitization · 2.4 Trigeminal nerve pathways · 2.5 Central transmission and ascending pathways · 2.6 Modulation and the gate control concept · 2.7 Central sensitization · 2.8 Descending control systems

Core texts: [1] Chs. on peripheral mechanisms, spinal and trigeminal transmission, and descending modulation · [5] · [8] Chs. on somatosensation and pain · [9] Ch. on somatic sensations: pain, headache and thermal sensations · [10] Trigeminal nerve and head and neck neuroanatomy · [11] Dentine–pulp complex and its innervation · [12]

Additional

- Melzack R, Wall PD. Pain mechanisms: a new theory. Science. 1965;150(3699):971-9.
- Basbaum AI, Bautista DM, Scherrer G, Julius D. Cellular and molecular mechanisms of pain. Cell. 2009;139(2):267-84.
- Julius D, Basbaum AI. Molecular mechanisms of nociception. Nature. 2001;413(6852):203-10.
- Woolf CJ, Ma Q. Nociceptors — noxious stimulus detectors. Neuron. 2007;55(3):353-64.
- Woolf CJ. Central sensitization: implications for the diagnosis and treatment of pain. Pain. 2011;152(3 Suppl):S2-15.
- Latremoliere A, Woolf CJ. Central sensitization: a generator of pain hypersensitivity by central neural plasticity. J Pain. 2009;10(9):895-926.
- Sessle BJ. Acute and chronic craniofacial pain: brainstem mechanisms of nociceptive transmission and neuroplasticity, and their clinical correlates. Crit Rev Oral Biol Med. 2000;11(1):57-91.
- Millan MJ. Descending control of pain. Prog Neurobiol. 2002;66(6):355-474.
- Ossipov MH, Morimura K, Porreca F. Descending pain modulation and chronification of pain. Curr Opin Support Palliat Care. 2014;8(2):143-51.

- Brännström M. The hydrodynamic theory of dentinal pain: sensation in preparations, caries, and the dentinal crack syndrome. J Endod. 1986;12(10):453-7.
- Chung G, Jung SJ, Oh SB. Cellular and molecular mechanisms of dental nociception. J Dent Res. 2013;92(11):948-55.

Chapter 3 — Pain Assessment and Clinical History-Taking

3.1 Structured pain history (SOCRATES/OPQRST) · 3.2 Pain intensity measures · 3.3 Quality descriptors · 3.4 Temporal pattern · 3.5 Aggravating and relieving factors · 3.6 Associated symptoms · 3.7 Psychosocial screening basics (yellow flags) · 3.8 Documentation and baseline recording

Core texts: [3] Chs. on history taking and clinical examination of the pain patient · [6] · [18] · [19] Chs. on history, examination and investigations · [20] · [23] · [26] Diagnostic criteria and descriptors · [28] · [32] Assessment recommendations · [40] Record keeping standards

Additional

- Hawker GA, Mian S, Kendzerska T, French M. Measures of adult pain. Arthritis Care Res. 2011;63(Suppl 11):S240-52.
- Jensen MP, Karoly P, Braver S. The measurement of clinical pain intensity: a comparison of six methods. Pain. 1986;27(1):117-26.
- Melzack R. The McGill Pain Questionnaire: major properties and scoring methods. Pain. 1975;1(3):277-99.
- Von Korff M, Ormel J, Keefe FJ, Dworkin SF. Grading the severity of chronic pain. Pain. 1992;50(2):133-49.
- Bennett MI, Smith BH, Torrance N, Potter J. The S-LANSS score for identifying pain of predominantly neuropathic origin. J Pain. 2005;6(3):149-58.
- Freynhagen R, Baron R, Gockel U, Tölle TR. painDETECT: a new screening questionnaire to identify neuropathic components in patients with back pain. Curr Med Res Opin. 2006;22(10):1911-20.
- Ohrbach R, Dworkin SF. AAPT diagnostic criteria for chronic painful temporomandibular disorders. J Pain. 2019;20(11):1276-92.
- Sullivan MJL, Bishop SR, Pivik J. The Pain Catastrophizing Scale: development and validation. Psychol Assess. 1995;7(4):524-32.
- Humphris GM, Morrison T, Lindsay SJE. The Modified Dental Anxiety Scale: validation and United Kingdom norms. Community Dent Health. 1995;12(3):143-50.
- Nicholas MK, Linton SJ, Watson PJ, Main CJ. Early identification and management of psychological risk factors ('yellow flags') in patients with low back pain. Phys Ther. 2011;91(5):737-53.
- Turk DC, Melzack R, editors. Handbook of Pain Assessment. 3rd ed. New York: Guilford Press; 2011.

Chapter 4 — Odontogenic Pain (Dental Origin)

4.1 Pulpal pain: reversible vs irreversible pulpitis · 4.2 Periapical pain · 4.3 Periodontal pain and pericoronitis · 4.4 Cracked tooth syndrome · 4.5 Dentine hypersensitivity · 4.6 Post-operative dental pain · 4.7 Referred odontogenic pain patterns

Core texts: [21] Chs. on diagnosis and on pulpal and periapical disease · [3] Chs. on dental and periodontal pain · [18] · [19] · [22] Acute periodontal conditions · [26] Section 1: orofacial pain attributed to dentoalveolar and anatomically related structures · [36]

Additional

- Levin LG, Law AS, Holland GR, Abbott PV, Roda RS. Identify and define all diagnostic terms for pulpal health and disease states. J Endod. 2009;35(12):1645-57.
- Abbott PV. Classification, diagnosis and clinical manifestations of apical periodontitis. Endod Topics. 2004;8(1):36-54.
- Bender IB. Pulpal pain diagnosis — a review. J Endod. 2000;26(3):175-9.
- Banerji S, Mehta SB, Millar BJ. Cracked tooth syndrome. Part 1: aetiology and diagnosis. Br Dent J. 2010;208(10):459-63.
- West NX, Lussi A, Seong J, Hellwig E. Dentin hypersensitivity: pain mechanisms and aetiology of exposed cervical dentin. Clin Oral Investig. 2013;17(Suppl 1):S9-19.

- Canadian Advisory Board on Dentin Hypersensitivity. Consensus-based recommendations for the diagnosis and management of dentin hypersensitivity. J Can Dent Assoc. 2003;69(4):221-6.
- Herrera D, Retamal-Valdes B, Alonso B, Feres M. Acute periodontal lesions (periodontal abscesses and necrotizing periodontal diseases) and endo-periodontal lesions. J Clin Periodontol. 2018;45(Suppl 20):S78-94.
- Wehr C, Cruz G, Young S, Fakhouri WD. An insight into acute pericoronitis and the need for an evidence-based standard of care. Dent J (Basel). 2019;7(3):88.
- Nixdorf DR, Moana-Filho EJ, Law AS, McGuire LA, Hodges JS, John MT. Frequency of persistent tooth pain after root canal therapy: a systematic review and meta-analysis. J Endod. 2010;36(2):224-30.
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Chapter 5 — Non-Odontogenic Orofacial Pain (Core Intro)

5.1 TMD-related myalgia and arthralgia · 5.2 Trigeminal neuralgia · 5.3 Post-herpetic neuralgia · 5.4 Persistent idiopathic facial pain · 5.5 Burning mouth syndrome · 5.6 Headache disorders with facial pain overlap · 5.7 Sinus-related facial pain · 5.8 Cardiac referred pain

Core texts: [2] · [3] · [4] Chs. on the diagnosis and classification of temporomandibular disorders · [6] · [19] · [20] · [26] · [27] · [28] · [30] · [33]

Additional

- Bendtsen L, Zakrzewska JM, Abbott J, Braschinsky M, Di Stefano G, Donnet A, et al. European Academy of Neurology guideline on trigeminal neuralgia. Eur J Neurol. 2019;26(6):831-49.
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- Johnson RW, Rice ASC. Postherpetic neuralgia. N Engl J Med. 2014;371(16):1526-33.
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- Kreiner M, Okeson JP. Toothache of cardiac origin. J Orofac Pain. 1999;13(3):201-7.
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- Zakrzewska JM. Multi-dimensionality of chronic pain of the oral cavity and face. J Headache Pain. 2013;14(1):37.

Chapter 6 — Mechanisms of Chronic Pain (Understanding Persistence)

6.1 Transition from acute to chronic pain · 6.2 Neuropathic mechanisms · 6.3 Central sensitization and pain amplification · 6.4 Sleep, mood and stress in pain perception · 6.5 Pain behaviours and disability · 6.6 Placebo and nocebo effects

Core texts: [1] Chs. on neuroplasticity, psychological factors and the chronification of pain · [5] · [7] · [8] · [29] · [31] · [32]

Additional

- Ji RR, Nackley A, Huh Y, Terrando N, Maixner W. Neuroinflammation and central sensitization in chronic and widespread pain. Anesthesiology. 2018;129(2):343-66.
- Costigan M, Scholz J, Woolf CJ. Neuropathic pain: a maladaptive response of the nervous system to damage. Annu Rev Neurosci. 2009;32:1-32.

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- Katz J, Seltzer Z. Transition from acute to chronic postsurgical pain: risk factors and protective factors. Expert Rev Neurother. 2009;9(5):723-44.
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- Colloca L, Barsky AJ. Placebo and nocebo effects. N Engl J Med. 2020;382(6):554-61.
- Benedetti F, Lanotte M, Lopiano L, Colloca L. When words are painful: unraveling the mechanisms of the nocebo effect. Neuroscience. 2007;147(2):260-71.

Chapter 7 — Pharmacology of Pain Control (Dentistry-Focused)

7.1 The WHO analgesic ladder · 7.2 Paracetamol · 7.3 NSAIDs · 7.4 Opioids (awareness level) · 7.5 Local anaesthetics · 7.6 Adjuvants for neuropathic pain · 7.7 Drug interactions and contraindications · 7.8 Antibiotics are not analgesics (stewardship)

Core texts: [13] · [14] Chs. on analgesics, local anaesthetics and antimicrobial agents · [15] · [16] · [33] · [35] · [36] · [37] · [39]

Additional

- World Health Organization. Cancer pain relief. 2nd ed. Geneva: WHO; 1996.
- 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;144(8):898-908.
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- Derry CJ, Derry S, Moore RA. Single dose oral ibuprofen plus paracetamol (acetaminophen) for acute postoperative pain. Cochrane Database Syst Rev. 2013;(6):CD010210.
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- Finnerup NB, Attal N, Haroutounian S, McNicol E, Baron R, Dworkin RH, et al. Pharmacotherapy for neuropathic pain in adults: a systematic review and meta-analysis. Lancet Neurol. 2015;14(2):162-73.
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- Palmer NOA, Martin MV, Pealing R, Ireland RS. An analysis of antibiotic prescriptions from general dental practitioners in England. J Antimicrob Chemother. 2000;46(6):1033-5.
- Faculty of General Dental Practice (UK). Antimicrobial Prescribing for General Dental Practitioners. 3rd ed. London: FGDP(UK); 2020.

- Medicines and Healthcare products Regulatory Agency. Drug Safety Update. London: MHRA. Available from: https://www.gov.uk/drug-safety-update

Chapter 8 — Local Anaesthesia and Pain During Dental Procedures (Applied)

8.1 Why inflamed tissues are harder to anaesthetise · 8.2 Infiltration vs block · 8.3 Supplemental techniques (intraligamentary, intraosseous, intrapulpal) · 8.4 Strategies to reduce procedural pain · 8.5 Needle phobia and anxiety amplification

Core texts: [16] · [17] · [13] Chs. on local anaesthetics and vasoconstrictors · [15] · [21] Ch. on local anaesthesia in endodontics · [35]

Additional

- Hargreaves KM, Keiser K. Local anesthetic failure in endodontics: mechanisms and management. Endod Topics. 2002;1(1):26-39.
- Meechan JG. Why does local anaesthesia not work every time? Dent Update. 2005;32(2):66-72.
- Wong JK. Adjuncts to local anesthesia: separating fact from fiction. J Can Dent Assoc. 2001;67(7):391-7.
- Nusstein JM, Reader A, Drum M. Local anesthesia strategies for the patient with a 'hot' tooth. Dent Clin North Am. 2010;54(2):237-47.
- Kanaa MD, Whitworth JM, Corbett IP, Meechan JG. Articaine buccal infiltration enhances the effectiveness of lidocaine inferior alveolar nerve block. Int Endod J. 2009;42(3):238-46.
- Corbett IP, Kanaa MD, Whitworth JM, Meechan JG. Articaine infiltration for anesthesia of mandibular first molars. J Endod. 2008;34(5):514-8.
- Aggarwal V, Jain A, Kabi D. Anesthetic efficacy of supplemental buccal and lingual infiltrations of articaine and lidocaine after an inferior alveolar nerve block in patients with irreversible pulpitis. J Endod. 2009;35(7):925-9.
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- Hamilton JG. Needle phobia: a neglected diagnosis. J Fam Pract. 1995;41(2):169-75.
- Renton T, Yilmaz Z. Managing iatrogenic trigeminal nerve injury: a case series and review of the literature. Int J Oral Maxillofac Surg. 2012;41(5):629-37.

Chapter 9 — Non-Pharmacological Pain Management

9.1 Behavioural approaches: reassurance, explanation, expectation management · 9.2 Relaxation and breathing techniques · 9.3 Cognitive strategies · 9.4 Cold and heat application · 9.5 Occlusal adjustment and correction of mechanical causes · 9.6 Splint therapy awareness

Core texts: [1] Chs. on psychological and physical therapies for pain · [4] Chs. on occlusal appliance therapy and the management of masticatory muscle pain · [7] · [28] · [32] Non-pharmacological management recommendations

Additional

- Williams ACdeC, Fisher E, Hearn L, Eccleston C. Psychological therapies for the management of chronic pain (excluding headache) in adults. Cochrane Database Syst Rev. 2020;(8):CD007407.
- Louw A, Zimney K, Puentedura EJ, Diener I. The efficacy of pain neuroscience education on musculoskeletal pain: a systematic review of the literature. Physiother Theory Pract. 2016;32(5):332-55.
- Moseley GL, Butler DS. Fifteen years of explaining pain: the past, present, and future. J Pain. 2015;16(9):807-13.
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Chapter 10 — Pain in Specific Dental Specialties (Integration)

10.1 Endodontic pain pathways and flare-up concepts · 10.2 Periodontal pain: scaling sensitivity and abscess patterns · 10.3 Oral surgery pain: post-extraction pain and dry socket · 10.4 Prosthodontic pain: denture sore spots and traumatic ulcers · 10.5 Orthodontic pain: inflammatory pain and timing patterns

Core texts: [21] Chs. on endodontic emergencies, flare-ups and postoperative pain · [22] Chs. on periodontal instrumentation, acute lesions and root sensitivity · [23] Oral surgery chapters · [19] · [26] · [36]

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Chapter 11 — Orofacial Pain Red Flags and Referral Pathways

11.1 Persistent pain with no dental cause · 11.2 Numbness and paraesthesia: nerve pathology and malignancy awareness · 11.3 Unexplained swelling, weight loss, dysphagia, persistent ulceration · 11.4 Severe headache with neurological signs · 11.5 Suspected trigeminal neuralgia and onward referral

Core texts: [19] · [20] · [23] · [26] · [30] · [34] · [36] Decision-support flowcharts for acute presentations · [38]

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Chapter 12 — Communication Skills in Pain Management

12.1 How language affects pain and nocebo reduction · 12.2 Explaining diagnostic uncertainty · 12.3 Setting expectations for post-operative pain and healing · 12.4 Consent: discussing pain risk and control options · 12.5 Adherence: analgesic schedules and safety counselling

Core texts: [7] · [18] · [19] · [32] Recommendations on communication and shared care planning · [37] · [40] Standards on communication, consent and record keeping

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