



TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.

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SURGERY GUIDELINES

Please follow these simple steps in preparation for your surgery:

1. DO NOT TAKE ANY **ASPIRIN OR ASPIRIN-LIKE DRUGS** FOR TWO WEEKS PRIOR TO YOUR SURGERY. Some of the more common drugs to avoid are Advil, Anacin, Motrin, Excedrin, **Ibuprofen**, Nuprin, Aleve, Medipren, Midol-200, Motrin IB, Anaprox, Naprosyn, Toradol, and Goodie's Powders. **Tylenol would be fine to take if you need this type of medication.**
2. If you have **DIABETES**, you must contact your primary doctor **PRIOR** to surgery for instructions.
3. If you take a **BLOOD THINNER** (i.e. Coumadin, Plavix, Ginkgo Biloba, or Vitamin E) you must contact your primary doctor **PRIOR** to surgery for instructions.
4. Please call our office if you develop a fever or an illness the week prior to surgery.
5. Usually you should not eat or drink after midnight the night before surgery. This does include medications. Special instructions will be given for the pediatric patients and specific instructions will be given to all patients preoperatively. Please call the office or facility if you have questions.
6. Make sure you arrive on time or even a little early the day of surgery. Your surgery may be canceled if you are not there at the assigned time. ***NOTE: All minors must be accompanied by their PARENTS or LEGAL guardian.***
7. Know that you will **NOT** be allowed to drive yourself home after having surgery under anesthesia. You should plan ahead and obtain a ride home from a friend or family member. (A cab or public transportation is not acceptable.) The surgery may be cancelled the day of the procedure if one is not available. In fact, a responsible person should be available for your care the first 24 hours after surgery.

Here are some easy-to-follow guidelines for after the surgery:

1. **NO ASPIRIN OR ASPIRIN-LIKE DRUGS** should be taken postoperatively. Stick to the medications your doctor has given you.
2. IF YOU SHOULD REQUIRE **PAIN MEDICATION (NARCOTICS)** IN THE POST-OPERATIVE PERIOD, PLEASE CALL **DURING OFFICE HOURS**. A request for this type of medication will not be granted after hours or on the weekend.
3. When the doctor has told you to remove the dressing over the wound, you may clean it with some Peroxide, using a Q-tip, and then apply some type of antibiotic ointment (Polysporin or Triple Antibiotic) over the suture line.
4. Depending on how extensive your surgery was, it is a good idea to check with your doctor about exercise. Most kinds of exercise should be avoided for at least a few days after surgery and sometimes for as long as a month.
5. Returning to either work or school is a decision made by you and your doctor. Since there are many different types of surgery, please check with your doctor about returning to all of your regular activities.
6. Please contact our office at any time after surgery if you have any questions or concerns. A doctor or nurse can be reached 24 hours a day by calling our office number – (850) 877-0101.