

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

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Your doctor has recommended that you have a surgical procedure. There are some simple steps to follow 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 Goody's Powders. Tylenol would be fine to take if you need this type of medication.
2. If you have diabetes, please contact your primary doctor prior to surgery for instructions.
3. Usually you should take nothing by mouth after midnight the night before surgery. This includes drinking and eating. Specific instructions will be given to you at the time of your preoperative visit.
4. 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.

After the surgery, there are also some easy-to-follow guidelines. These would include:

1. Again, NO ASPIRIN OR ASPIRIN-LIKE DRUGS should be taken. Stick to the medication your doctor has given you.
2. 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 ointment, such as Polysporin or Triple Antibiotic, over the suture line.
3. 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.
4. 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.
5. If you should require pain medication (narcotics) in the post-operative period, please call during office hours. A request for this type of medication may not be granted after hours or on the weekend.

Please feel free to contact our office at any time before or 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 at 877-0101.