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Original Research Article

Evaluation of the Effectiveness of Oral Tizanidine in Reducing Pain after Septoplasty

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ABSTRACT

Tizanidine is an alpha-2 agonist used as a muscle relaxant that acts through the central nervous system. The most commonly used uses of tizanidine are muscle spasm relief, prophylaxis of chronic headaches, spasticity treatment, and anesthesia prodrug. The aim of this study was to determine the effectiveness of tizanidine as a prodrug in reducing pain after septoplasty surgery. This descriptive cross-sectional study was performed during the two years 2018-19 with the participation of 100 patients who were candidates for septoplasty surgery in the hospitals of Tabriz University of Medical Sciences. Some patients were given tizanidine tablets two hours before surgery and others were not given any medication; Pain intensity was compared between the two groups using t-test using visual acuity scale during the first 24 hours. Comparison of pain intensity during the first six hours after the study showed that pain intensity in patients taking tizanidine was significantly lower than in the group who did not use the drug; Comparison of pain intensity from 6 hours to 24 hours after surgery showed that there was no statistically significant difference between the two groups participating in the study. The use of acetaminophen tablets to control pain after surgery also showed that there was no statistically significant difference between the two groups participating in the study. Pain after septoplasty surgery is known as moderate pain; Its control and management is very important for patients and the health team. In this study, it was found that the use of tizanidine tablets can be useful in controlling pain in the early hours after surgery; But long-term rejection has no beneficial effect.

Keywords: Septoplasty, Postoperative Pain, Tizanidine

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