TOTONCHI
PLASTIC SURGERY

Care after Migraine I Surgery

This page contains answers to frequently asked questions regarding your care after Migraine Surgery. This information will help you remember the instructions given to you after surgery. Please have someone available to help care for you after your surgery.

Appearance:

- The incisions will be in the crease of the upper eyelids will be repaired with very fine sutures. You may be able to see the knots at either end of the eyelids.
- You may see a long tail of the incision or feel a knot at the inner and outer corners of the eyes.
- The eyelids will be a bit bruised, puffy, and sometimes weeping a clear red to yellow fluid. This is normal.
- It takes 10 days to 2 weeks for all the swelling to resolve, sometimes longer.
- The eyelids will feel mildly painful and sometimes itchy. Your eyes may feel dry, and your vision may be slightly blurry due to swelling and the medications used during the surgery.
- We recommend wearing wrap-around sunglasses when you are in bright light.
- In general, you should be able to use hypoallergenic eye make-up 2 weeks after your surgery.
- You can put in soft lenses 2 weeks after your surgery. Use of hard contact lenses normally requires 3 weeks before you are comfortable wearing them.

Activity/Bathing/Sleeping:

- You may use cold compresses for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising and swelling.
- Avoid lifting more than 5 lbs and avoid bending over with your head hanging down for 2 weeks.
- No heavy exercise for 3 weeks and be sure to gradually return to your normal exercise routine.
- You can drive after you have stopped taking prescription pain relievers, and any eye swelling has resolved.
- If your job does not require heavy activity, you should be able to go back in 7 to 10 days. Otherwise, typically you can return to work in 2 weeks.
- You can take a tub bath but avoid rubbing or directly washing the eyelids.
- Wait to shower for 4-5 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Avoid allowing water to run directly over your eyelids. Pat your eyelids dry and apply a thin layer of the bacitracin ointment to the eyelid incision lines.
- Please avoid using a hair dryer around the face as the surgical area will be numb and difficult to tell if the area is getting too hot.

- Sleep on your back for two weeks in a semi reclined position, using pillows to elevate your upper body to approximately a 45-degree angle.

Drain/Incision Care:

- Drains are not used for this procedure.
- Apply aquaphor to all open surgical incisions 3 times a day for 1 week.
- After 1 week, you may begin using regular, non-scented moisturizing lotion. Clean your incision and apply lotion 2-3 times a day until your incision is fully healed.
- You may use artificial tears for your comfort

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medications:

- Apply the ointment to your eyelid incisions twice a day for 7 days.
- If you experience migraine pain, you can take your migraine medications that do not contain non-steroidal anti-inflammatories such as aspirin, ibuprofen, or naproxen.
- We will an antibiotic, nausea medication and pain medication. Follow the directions on the bottle for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- Most patients will find that Tylenol will take care of the discomfort 3-5 days after surgery.
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 1 week after your surgical procedure.
- Additional appointment are at typically at 1 month and 3 months

Post-Operative Concerns: Urgent problems after migraine surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Vision** If you experience any change in vision, "flashing lights", or loss of peripheral vision, contact our office immediately.
- **Infection** Signs of infection are:
    - Increased redness around the incisions
    - Increased drainage from the incisions
    - Increased temperature/fever
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either in one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** with or without chest pain, seek medical attention immediately.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, or other concerns, stop taking your medication and call the office.
- **Shortness of breath, chest pain** – Call 911 and let our office know

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Website: www.drtotonchi.com

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We are always available if you have any questions, please call 440-461-7999.