Care after Migraine II 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:

- There will be two small incisions in the hairline at one or each of your temples
- Bruising and numbness to the surgical site is to be expected.
- Numbness may take several months to resolve. As the numbness resolves, it is not unusual to experience sensations such a burning, tingling, or zips of electricity.
- It takes 10 days to 2 weeks for all the swelling to resolve, sometimes longer.

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.
- Due to numbness in the surgical area, please monitor the area when using cold compresses.
- 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 may shower 2 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Please avoid using a hair dryer around the surgical area as it 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:

- No drains are used for this operation.
- After 1 week, clean your incision with a Q-tip and warm water, then apply aquaphor ointment at least twice a day for 1 week.

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 incisions twice a day for 7 days.
- The most discomfort you will have lasts the first 3-5 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 prescribe an antibiotic, 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

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

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 temperature/fever
- **Leg swelling** 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** 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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