TOTONCHI
PLASTIC SURGERY

Care after Migraine V 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.

Appearance:

- There will be 1 or 2 small incisions in the hairline at one or each of your temples.
- Most swelling and bruising appear in the first couple days.
- It takes 10 days to 2 weeks for all the swelling and bruising to resolve, sometimes longer.
- Numbness at the surgical site is to be expected and may take several months to resolve.
- As the numbness resolves, it is not unusual to experience sensations such as burning, tingling, or zips of electricity.
- Due to numbness in the surgical area, please monitor the area when using cold compresses.

Activity/Bathing/Sleeping:

- We recommend that you use cold compresses for 10 minutes out of 30 min for up to 12 hours after your surgery.
- You should take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable.
- Avoid heavy exercise, lifting more than 5 lbs and bending below heart level for 3 weeks
- If your job does not require heavy activity, you should be able to go back in 7 to 10 days.
- You may drive when you are no longer taking narcotic pain medication.
- 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.
- Please avoid using a hair dryer as the surgical sites will be numb and it will be 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.

Drain/Incision Care:

- Drains are not used for this procedure
- Clean your incision with a Q-tip and warm water, then apply aquaphor ointment at least twice a day.

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:

- The most surgical discomfort that you may have typically lasts 3 to 5 days
- If you are having migraine pain, you can take your migraine medications that do not contain non-steroidal anti-inflammatories.
- We will prescribe an antibiotic, nausea medication and pain medication for you. 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.
- You may Take Extra Strength Tylenol if not taking narcotic pain medication.
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will have a follow up appointment 1 week after surgery either in person or by video.
- **You will have your next appointment in two weeks to have the tubes inside your nose removed.**
- Your follow up appointments will then be based on your healing process.
- Please note, it takes three months of healing before determining if the migraine surgery is working for you.

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. Please contact the office if you experience:

- Severe pain that does not respond to medication
- Increasing pain, swelling, or redness at the surgical site
- Fever
- Leg swelling (in one or both legs) with, or without pain
- Medication reaction – skin rash, itching, vomiting, diarrhea
- Shortness of breath, chest pain – Call 911 and let our office know

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