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Care after Migraine I/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.

What will I see when I look into a mirror?

There will be two small incisions in the hairline at each of your temples and possibly in the crease of the upper eyelids that will be repaired with very fine sutures. You may be able to see the knots at either end of the eyelids. We normally use clear sutures which have a long tail that you may see or feel 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. Most swelling and bruising appear in the first couple days. Your eyelids will be more swollen in the morning and will gradually improve during the day. It takes 10 days to 2 weeks for all the swelling and bruising to resolve, sometimes longer.

How will my eyes and temples feel?

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 will have you use artificial tears/ointments to keep your eyes lubricated. We also recommend wearing wrap-around sunglasses when you are in bright light. They will provide protection from both the light, and air movement. Numbness of the forehead and scalp is to be expected and may take several months to resolve. As the numbness resolves, it is not unusual to experience sensations such as a burning, tingling, or zips of electricity.

How long should I use cold compresses?

We recommend that you use cold compresses for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising, swelling and discomfort. Due to numbness in the surgical area, please monitor the area when using cold compresses.

When can I shower or take a bath?

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 as the surgical sites will be numb and difficult to tell if the area is getting too hot.

When can I wear eye make-up?

In general, you should be able to use hypoallergenic eye make-up two weeks after your surgery.

When can I put in my contact lenses?

For the first few days after surgery, your vision may be blurry. You are able to put in soft lenses 2 weeks after your surgery. Use of hard contact lenses normally requires more recovery time before you are comfortable wearing them, so plan on 3 weeks after your procedure.

What can I do after surgery?

You should take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable. Avoid lifting more than 5 lbs and avoid bending over with your head hanging down for 2 weeks. No heavy exercise for 4 weeks and be sure to gradually return to your normal exercise routine.

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

When can I drive?

You should be able to drive about five to seven days after surgery or when the swelling resolves as long as your vision is clear. You should never drive if you are still taking any prescription pain medication.

When will I be able to return to work?

Depending on the type of work you do, you should be able to return to your job in 2-3 weeks or as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.

How much pain will I have?

Numbness to the surgical sites is expected. The most surgical discomfort that you will have lasts 3 to 5 days, sometimes a little longer. As you feel more comfortable, your need for medication will lessen.

What medications should I use?

We will prescribe a pain medication, an antibiotic eye ointment, and sometimes a medication for nausea for you. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the pain medication. If you are having migraine

pain, you can take your migraine medication. A few days after surgery, most patients will find that Tylenol will take care of the discomfort. Do not use aspirin, ibuprofen, or medication containing non-steroidal anti-inflammatories for 7-10 days after surgery. Apply the ointment to your eyelid incisions twice a day for 7 days.

Can I drink alcohol?

Do not drink alcohol for 5 days after your surgery.

When will I be seen in the office after surgery?

You will have a follow up appointment _____ after your surgery and then at about two weeks, one month, three months, and six months after surgery to monitor healing. Additional appointments may be necessary and will be determined by your recovery. If you live out of town, most appointments can be done over video.

How will I know if I am having a problem?

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

Vision Problems

If you experience any change in vision, “flashing lights”, or loss of peripheral vision, contact our office immediately.

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

If you have any of the above problems or other questions or concerns, please contact my office at **440-461-7999**