

PREPARATIONS FOR YOUR MIGRAINE SURGERY

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Fill your prescriptions before your surgery. Don't bring them to surgery.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).

THE EVENING BEFORE YOUR SURGERY

Get a good night's rest.

Make some jello and/or soup for after your surgery.

Do not eat or drink anything after midnight the night before surgery.

MORNING OF SURGERY

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home. (you will be in the hospital for approx. 3-5 days)

AT HOME AFTER MIGRAINE SURGERY

You will have numbness after surgery. This will be followed by abnormal sensations that mean you are getting feeling back in areas of your scalp.

You can shower.

No combing your hair as this pulls on your incisions for about 3 weeks. Do not try to get the knots out of your hair.

No chemical treatments, blow dryers or irons for 3 weeks. You will be numb & can't feel heat.

You may have bruising & swelling of the eyes. It's ok to use ice to the eye area
Sleep with your head elevated up on many pillows or in a recliner

Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.

Eat a high protein, low salt diet. Drink at least 4-8 ounces of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.

Get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc.
Do not do anything that hurts. . No heavy lifting or strenuous activity until cleared by the doctor.
Your recovery will take approximately 6 weeks. NO running for 6 weeks.

Take your medications as prescribed. Use pain medication if needed. They can be nauseating so take with food. Otherwise take Tylenol. Do not take Tylenol in addition to your pain medication as it already contains it. Ibuprofen/Advil or Aleve can be used week 2.

Take a stool softener or laxative as needed to prevent constipation.

Take your antibiotics & Medrol dose pack as written and the other prescriptions as needed.

Take Xanax for anxiety **as needed** & Ambien for sleep **as needed**. Do not take at the same time. You cannot drive or operate machinery while taking pain medication.

Dr. Janis will see you for a post-op visit approx. 1 week after your surgery and then as scheduled.

We will be able to tell your result 3 months after your surgery.

We will notify you of your pre-op OPAC appointment and when your post-op appointment will be.

If you have severe nausea & vomit, have a temp 101 or higher, increased swelling, redness, increased drainage, drainage with an odor, opening of the incision or overall not feeling well notify Dr. Janis by calling the office 614-293-8566. If it is after office hours the Physician On-Call will be notified. If you feel it is an emergency go to the nearest ER or call 911.