## Post-Operative Instructions for Occipital Neuralgia

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* Activity
  + Keep activities limited to only your “needs” and not your “wants” for 1 week
* Sleeping
  + Make sure you use an old pillow case or cover with a towel because of the possibility of drainage
* If possible sleep in a recliner for 1-3 days
  + Alternatively you may use several pillows to keep your head slightly elevated
* Wound Care
  + May take shower carefully
* May wash hair
* Apply an ice pack to the neck for no longer than 45 min at a time, insert a thin layer of cloth between skin and ice
  + Repeat every 1.5 -2 hours as needed
* Cooling devices are fine to use. Make sure to have a layer of cloth between skin and device
* Your incision should look better every day. If it looks red, inflamed, or starts to hurt more and more- NOTIFY IMMEDIATELY
* You may have glue or sutures in the scalp. The glue may begin to peel off
* Driving
  + May drive when can comfortably move head from left to right to look both ways and over the shoulder
    - If you can’t look behind you, don’t drive
    - Normally will take 2-3 weeks
* Follow-Up Visits
  + 10-12 days
* **Call** if you experience a fever, chills, sweats, worsening of pain, or significant bleeding