



Mayo Clinic Minute: Treating severe headaches caused by nerve compression

Video	Audio
<p><i>Anchor Intro</i></p>	<p>Some severe headaches aren't migraines. They may be caused by a nerve being pinched. When other treatments don't work, surgery may offer relief.</p> <p>Alex Osiadacz {oh-SIDE-us} reports in this Mayo Clinic Minute.</p>
	<p>Often called trigger-site-induced headaches, pain from compressed nerves can last all day and be resistant to treatments like medication.</p>
<p>ANTONIO FORTE, M.D., PH.D. PLASTIC SURGERY Mayo Clinic</p>	<p>"Headaches that originate from compression of the occipital nerve will usually have a pain that starts on the back of the neck and radiates to the side of the head. Headaches that are originating from compression of the supraorbital and supratrochlear nerve, they will usually start with a pain site that is above their eye, and that pain will radiate to their forehead."</p>
	<p>Nerves can be compressed by surrounding tissue or muscle.</p> <p>Surgery may be an option.</p> <p>Dr. Forte {for-tay} explains that occipital nerve decompression starts with a 5-centimeter incision made along the hairline.</p>
<p>ANTONIO FORTE, M.D., PH.D. PLASTIC SURGERY Mayo Clinic</p>	<p>"We are able to then identify your greater occipital nerve, remove the adjacent muscle and fascia that may be compressing the nerve. For decompression of the supraorbital or supratrochlear nerve, we then perform an incision that is similar to the incision that we do when we are performing a cosmetic eyelid surgery."</p>
	<p>Surrounding tissue is removed to relieve pressure on the nerve.</p> <p>Dr. Forte says many patients feel relief within weeks of surgery.</p> <p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>