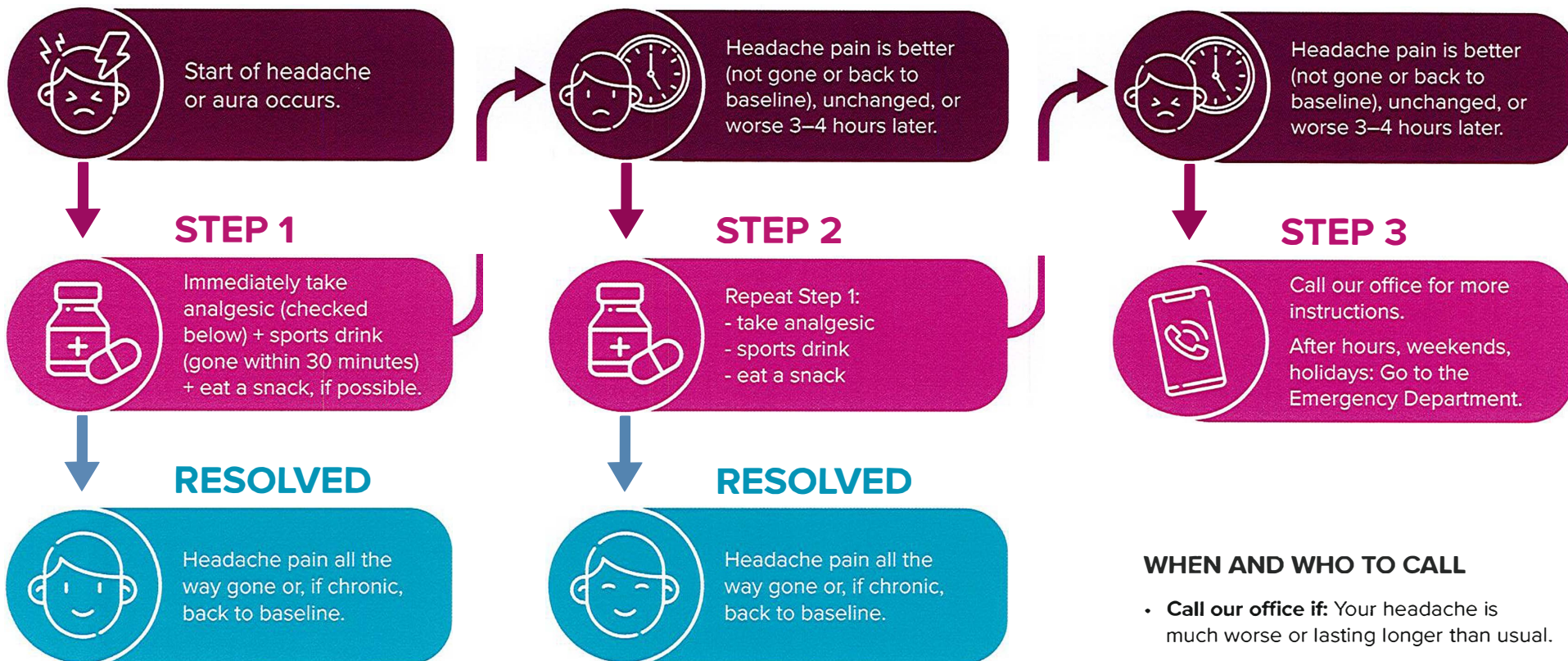


What Do I Do When I Get a Headache?

START HERE



WHEN AND WHO TO CALL

- **Call our office if:** Your headache is much worse or lasting longer than usual.
- **Go to the Emergency Department if:** You have new or very different symptoms, such as not able to see, not able to move one side of your face or body, trouble walking or talking, confusion, or not able to respond.

YOUR ANALGESIC

- Ibuprofen _____ mg
- Naproxen _____ mg
- Aspirin _____ mg
- Excedrin® _____ tablets
- Diclofenac _____ mg
- Acetaminophen _____ mg

SPORTS DRINK

- 12–16 oz.
- 16–24 oz.
- 24–32 oz.

IMPORTANT NOTES

- 1 treatment = 1 or 2 doses of analgesic in 1 day.
- You may have up to 3 treatments in 1 week. Do not treat on back to back days.
- If your headache returns the next day, and you've already treated with 2 doses of analgesic, call our office. After hours, weekends, holidays: Go to the Emergency Department.
- Make a follow-up appointment if you need to keep using 2 doses of medication to completely get rid of your headache.
- Our goal: Complete resolution of your headache, or if chronic, return to baseline 100% of the time.



HEALTHY HABITS

S: Sleep

M: Meals/Fluids

A: Activity

R: Relaxation

T: Triggers/Treat early



DAILY MEDICINES TO PREVENT HEADACHE:

Multivitamin of your choice + Medicine checked below

Vitamin D 600 IU - 1 per day

Vitamin B-12 (Riboflavin) 50mg - 2 per day

Coenzyme Q10 100mg - 1 per day



IF YOU HAVE QUESTIONS, CALL OUR OFFICE AT:

YOUR NEXT APPOINTMENT

Date: _____

Time: _____

Place: _____