What Do I Do When I Get a Headache?

START HERE



Start of headache or aura occurs.

Headache pain is better (not gone or back to baseline), unchanged, or worse 3–4 hours later.



Headache pain is better (not gone or back to baseline), unchanged, or worse 3–4 hours later.

STEP 1



Immediately take analgesic (checked below) + sports drink (gone within 30 minutes) + eat a snack, if possible.





Repeat Step 1:

- take analgesic
- sports drink
- eat a snack

STEP 3



Call our office for more instructions

After hours, weekends, holidays: Go to the Emergency Department.

RESOLVED



Headache pain all the way gone or, if chronic, back to baseline.

RESOLVED



Headache pain all the way gone or, if chronic, back to baseline.

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.

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:

HEALTHY HABITS



M: Meals/Fluids

A: Activity

R: Relaxation

T: Triggers/Treat early

YOUR NEXT APPOINTMENT

Date:	 	
Time:	 	
Diago		