Health and Wellness

Home Care Instructions:

Headaches

Headaches can be a symptom of many conditions of the head and neck. Underlying conditions include sinus, tension, migraine, and cluster which are considered primary headaches. The most common of these are migraine and tension. Secondary headache causes may be hormonal, vascular, trauma, etc. Treatment can vary depending on the underlying condition.

Treatment for migraines include:
- Specific medication that you take at the first sign of a migraine.
- Rest in a dark, quiet environment.
- Keep a diary to determine migraine triggers.
- Meditation, yoga, massage, and acupuncture.

Treatment for hormone and tension headaches include:
- Ibuprofen or naproxen for pain. Acetaminophen if sensitive to those medications.
- Exercise and relaxation techniques as above.
- Rest in a dark, quiet environment.

Additional instructions: __________________________________________

Report the following to the Health and Wellness Center or Physician if headaches:
- are sudden or severe and occur with neck pain. ✔
- follow an injury or blow to the head. ✔
- are accompanied by confusion or loss of consciousness. ✔
- cause pain in the eye or ear. ✔
- are unlike any headache you’ve ever had. ✔

Seek Emergency Care for any of these symptoms if Health and Wellness is closed.

AFTER HOURS

Contact your RD or RA or Security at 830-739-1111.

Call 911 (9-911) if life threatening emergency.