
Dr. A. K. GULATI, M.D. (Pediatrics)
A-50 Naraina Vihar, New Delhi, India 110028
Phone: 9999888581/011-45033581 Email:
www.drakgulati.com
Website: www.drakgulati.com



Migraines are painful, throbbing headaches that often start on one side of the head. They may cause nausea and vomiting and make you sensitive to light, sound, or smell.

Without treatment, migraines can last from 4 hours to a few days. Medicines can help prevent migraines or stop them after they have started.

HEMECARE

- Rest in a quiet, dark room until your headache is gone. Close your eyes and try to relax or go to sleep. Don't watch TV or read.
- Put a cold, moist cloth or cold pack on the painful area for 10 to 20 minutes at a time. Put a thin cloth between the cold pack and your skin.
- Use a warm, moist towel or a heating pad set on low to relax tight shoulder and neck muscles.
- Take medicines exactly as prescribed.
- Be careful not to take pain medicine more often than the instructions allow. You could get worse or more frequent headaches when the medicine wears off.

HOW TO PREVENT MIGRAINES

- Keep a headache diary so you can figure out what triggers your headaches. Avoiding triggers may help you prevent headaches. Record when each headache began, how long it lasted, and what the pain was like. (Was it throbbing, aching, stabbing, or dull?) Write down any other symptoms you had with the headache, such as nausea, flashing lights or dark spots, or sensitivity to bright light or loud noise. Note if the headache occurred near your period. List anything that might have triggered the headache. Triggers may include certain foods (chocolate, cheese) or odours, smoke, bright light, stress, or lack of sleep.
- Take your prescribed medicine at the first sign of a migraine.
- Find healthy ways to deal with stress. Migraines are most common during or right after stressful times. Take time to relax before and after you do something that has caused a migraine in the past.
- Try to keep your muscles relaxed by keeping good posture. Check your jaw, face, neck, and shoulder muscles for tension. Try to relax them. When you sit at a desk, change positions often. And make sure to stretch for 30 seconds each hour.

- Get plenty of sleep and exercise.



Dr. A. K. GULATI, M.D. (Pediatrics)
Consultant Pediatrician Sir Ganga Ram Hospital
A-50 Naraina Vihar, New Delhi, India 110028
Phone: 9999888581/011-45033581
Email: www.drakgulati.com
Website: www.drakgulati.com

- Eat meals on a regular schedule. Avoid foods and drinks that often trigger migraines. These include chocolate, monosodium glutamate (MSG) (Maggie, pasta), ajinomoto (momos, Chinese food), and some additives found in foods (such as aged cheeses and pickled foods).
- Limit caffeine. Don't drink too much coffee, tea, or soda. But don't quit caffeine suddenly. That can also give you migraines.
- Do not allow others to smoke around you.

WHEN SHOULD YOU CALL FOR HELP?

Go to the emergency room anytime you think you may need emergency care. For example, call if:

- Sudden numbness or weakness in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

PRESCRIPTION FOR MIGRAINE HEADACHES

Medication	Dosage	Frequency	How many days
Crocin	15mg/kg/dose	SOS	
Ibugesic	10mg/kg/dose	SOS	

Adapted from: www.kidshealth.org