

Headache Procedure Comfort Menu:

PREPARING FOR YOUR HEADACHE PROCEDURE

We all do better with a plan! This worksheet is designed to teach you **science backed strategies** to help you feel **more prepared and comfortable** during your headache procedure visits. We will share your preferences with your doctor and/or nurse practitioner prior to your appointment.

First things first: Be ready to **SPEAK UP**.

You know yourself best, and medical providers aren't mind readers. **Take control** and tell us what you need to be more comfortable.

Name: _____

What procedure are you having? ☐ Botox ☐ Nerve Block

Having humans we like around us makes us **feel better**. It also **CHANGES** the way we process pain, which is crazy but true.

Who would you like to have with you?

☐ _____ ☐ Just me!

Your trusted person can help you feel more comfortable and calm during your headache procedure by using **COMFORT POSITIONING** and **physical touch**. In fact, focusing your attention on the touch from a trusted person can **decrease pain**!

Select a position that works for you:

Nerve block: You will be sitting up in a chair.

- ☐ Sit knee-to-knee facing me
- ☐ Hold my hand
- ☐ Rub my leg
- ☐ Something else: _____
- ☐ Just be in the room with me

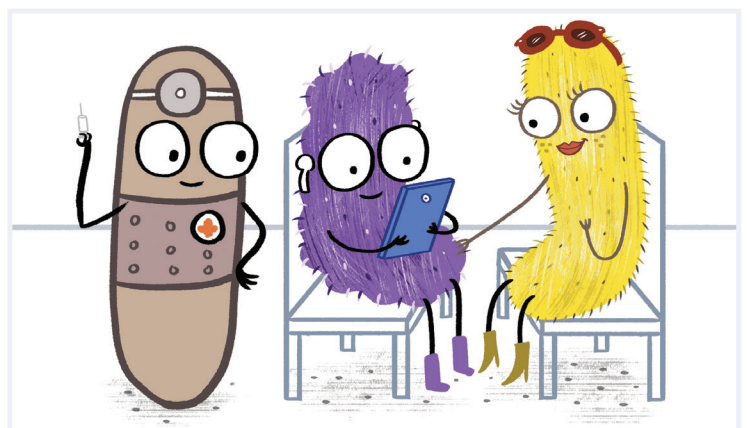
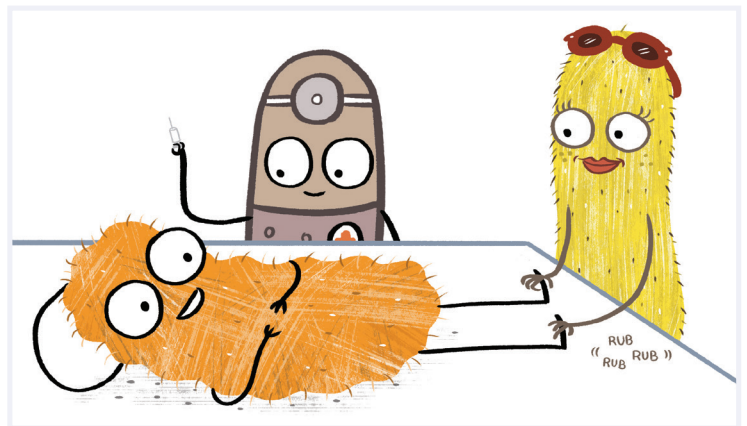
Botox: You will be **laying down on your back** for the **beginning** of the procedure. You will then be **sitting up in a chair**.

While laying down:

- ☐ Stand at the foot of the bed, rub my legs
- ☐ Just be in the room with me

While sitting up:

- ☐ Sit knee-to-knee facing me
- ☐ Hold my hand
- ☐ Rub my leg
- ☐ Something else: _____
- ☐ Just be in the room with me



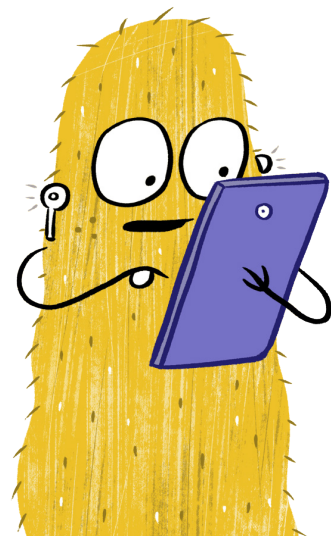
There are a bunch of ways we can stop the pain of a poke before it starts. If they are available, what would you like to use?

- ☐ Numbing cream. We recommend topical lidocaine 5% cream, which can be purchased over the counter without a prescription. See instructions for applying the cream in PDF below.
- ☐ Cold pack
- ☐ None of these

You already know how good you are at blocking out the world when you are **focused on something you really like**. You can use that skill to tune out pain and stress too.

What do you want to focus on before and during your procedure?

- ☐ Someone to talk to. Who? _____
- ☐ Something on the phone/tablet: _____
- ☐ Music
- ☐ Something else: _____
- ☐ None of these



PRO TIP: You can use this strategy in the **waiting room** too! Distracting your brain can help you feel more calm and ready for your procedure.

Breathing is the ultimate hack of your nervous system. Simple, but a very, **VERY** effective way to take control. We recommend focusing as **MUCH** of your concentration as you can on your **breath** throughout the procedure. If you get distracted, you can shift your focus back to your breathing.

As you take those good, deep breaths, do you want...

- ☐ Someone to breathe with you? Who? _____
- ☐ To use a breathing guide app on your phone.

We recommend downloading the **Calm** app before your appointment (QR code above)! Try this exercise a few times on your own before your appointment. If you would like, we can have the website available to you on a tablet during your procedure.

- ☐ Nothing... I'll do it myself!
- ☐ None of these

Sometimes paying attention to the **timing** of the injection can help us feel more in control. Sometimes pretending it's not happening works best.

Let the medical provider know which way works best for you:

- ☐ Tell me before the injection(s)
- ☐ Just do it and let me focus on other stuff

Having something to **look forward to** really does help.

What small reward would help you power through? _____

PRO TIP: Breathing, distraction, and comfort positioning strategies can be made even more powerful by **practicing at home** prior to your appointment. That way, everyone knows what they are going to do to feel more comfortable and calm on the appointment day.

Calm App:

<https://www.calm.com/breathe>



HOW TO:

- **BREATHE IN:** 5 counts
- **HOLD:** 1 count
- **BREATHE OUT:** 5 counts
- **HOLD:** 1 count
- **REPEAT**



YOU GOT THIS!

Remind everyone else that stress is contagious; it really helps if they would **KEEP CALM :)**

