

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. This takes some collaboration with your medical team, so be sure to talk about this plan with them. You can let them know everything here is backed by medical research and best practice guidelines.

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

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

For **Nerve Blocks** you will be sitting up in a chair.

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**!

What should your trusted person do?

While you are laying down (for Botox only):

Stand at the foot of the bed, rub my legs

Just be in the room with me

Something else: _____

**While you are sitting up
(for Botox and Nerve Blocks):**

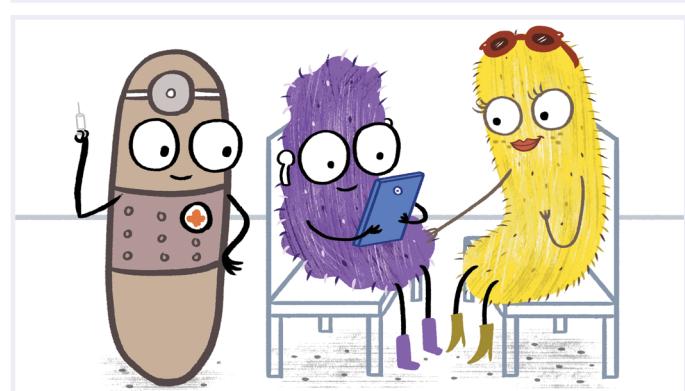
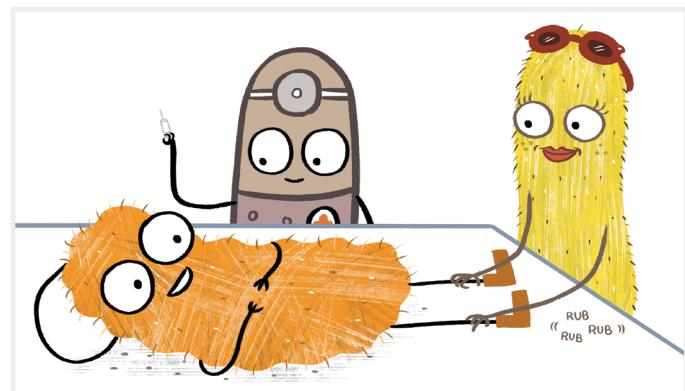
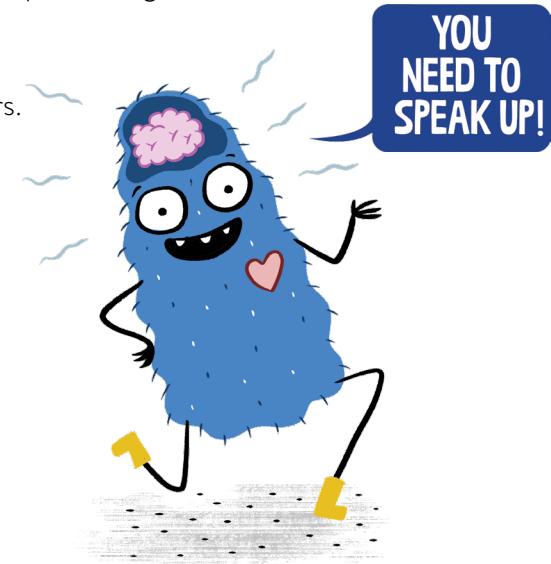
Sit knee-to-knee facing me

Hold my hand

Rub my leg

Just be in the room with me

Something else: _____



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.

Cold pack None of these

See instructions for applying the cream in our [How to Apply Numbing Cream](#) handout:



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? _____

What would you like to talk about? _____

Something on the phone/tablet: _____

Music: _____ Earbud Headphones Phone speaker

Something to fidget or hold (fidget toy, stuffed animal, etc.): _____

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.

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

HOW TO:

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



PRO TIP: **ImaginAction** is a great free web app for learning self-regulation skills. The audio recordings guide you through relaxation exercises that help you feel more calm and in control during procedures. Use the QR code to find out more.

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

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

Tell me before each injection or group of injections
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.

YOU GOT THIS!

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

