

## 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. Please send this worksheet back to your medical team a few days before your visit. Your doctor and/or nurse practitioner will review your preferences 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

**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**!

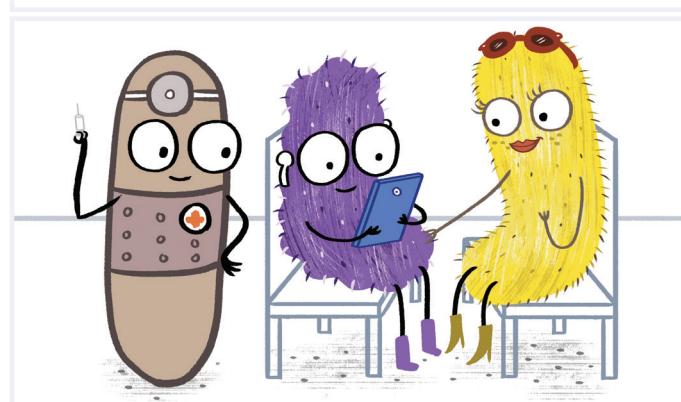
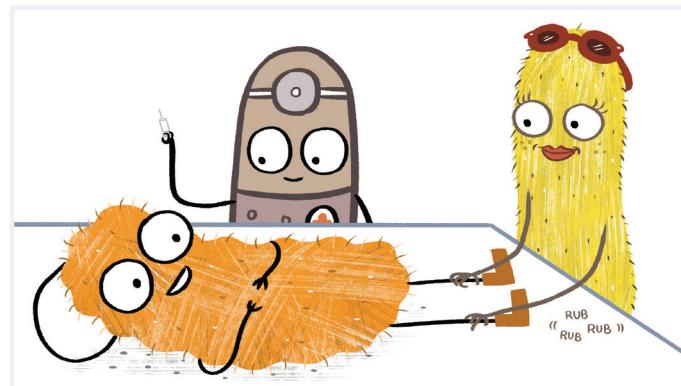
**What should your trusted person do?**

**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.

### Calm App:

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



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.

### HOW TO:

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



## 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 :)**

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