

MIGRAINE HELP

Useful tips



Stay hydrated

Use Hydralyte and take sips like you are on a drip



Over the counter medications

Relpax can be combined with Aspro Clear



Quiet dark room

Migraines are often exacerbated by light and noise. Find a quiet place where you can rest in darkness. This can help reduce sensory stimuli that might worsen your headache.



Apply cold pack

Some people find that cold packs applied to the head help



Perth Headache Network

There is now an expert Perth Headache Network that can effectively guide you to long term pain relief. If these medications don't work, or you are seeking a better way of managing your headache or migraine, there are 2 clinics which can help, providing best practice assessment and evidence based treatment for all headache types



PERTH HEADACHE NETWORK WESTMINSTER

Located within Medika Health Clinic
4/476 Wnneroo Rd, Westminster
WA 6160
(08) 6186 0283



PERTH HEADACHE NETWORK SUBIACO

Located within bio.
Perth's premier private Pain Management practice
244 Rokeby Rd, Subiaco 6008
1300 184 664



www.perthheadachenetwork.com.au