



Child Neurology
Consultants of Austin

FAR WEST CLINIC

6811 Austin Center Blvd Ste 400
Austin, TX 78731
Office: (512) 494-4000
Fax: (512) 494-4024

Lindsay E. Elton, MD
Ezam Ghodsi, MD
Jeffrey S. Kane, MD
Dilip J. Karnik, MD
Karen Keough, MD
Jeffrey S. Kerr, MD
Jinfon Ong, MD

Michael S. Reardon, MD
Elizabeth M. Cross, PNC-BC
Cordelia A. Garcia, FNP-C

Dawn K. McElvain, RN, MSN, CPNP
Ryleigh R. Perkins, PNC-BC

CEDAR PARK CLINIC

1301 Medical Parkway Ste 300
Cedar Park, TX 78613
Office: (512) 494-4000
Fax: (512) 494-4045

Ryan A. Boeck, MD
Lindsay E. Elton, MD
Jeffrey S. Kane, MD
Jeffrey S. Kerr, MD
Melanie E. Mabe, RN, CPNP
Toshia M. McKeon, RN, CPNP

Headache Action Plan

Patient: _____ DOB: _____

Within the first 30 minutes of headache onset take _____. If headache is severe or if little or no improvement within 30 minutes of taking medication, may take _____. It is not harmful to take both medications at the same time. Rest in a quiet, dark room and apply cool compress to the head. If the headache continues, may take additional dose of _____ after _____ hours up to a total of _____ doses in a day.

If headaches occur very often, limit the frequency of over-the-counter pain medications (like Advil, Motrin, Tylenol, Aleve, Excedrin) to no more than three days in a week. Limit prescription pain medications to no more than 4 doses in a week.

If medication is needed for headaches more than four times a month, then a daily preventative medication may be needed and you should schedule a return appointment to discuss this further.

Lindsay Elton, MD
Child Neurology

Date