

Headache Center Discharge Instructions

January 28, 2011

Baylor Headache Center
9101 North Central Expressway, Suite 400
Dallas, Texas 75231
Phone (214)820-9272
Fax (214) 820-9003

Baylor Headache Center at All Saints
Baylor All Saints Hospital
1400 8th Avenue
6th Floor, Building C
Fort Worth, TX 76104
Phone (817) 922-3650

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Patient Instructions Following Hospital Discharge:

Hospitalization for headache management is not likely to relieve your headaches completely. The treatments you receive during your hospitalization are intended to begin a process of controlling your headaches over a long period of time. However, these treatments should quickly deliver short-term relief. Intravenous treatments will not provide long term prevention of your headaches, but will work to aid the preventative medications in reducing your headache pain and influencing the biological pathways that are responsible for your headache. You will most likely continue to experience headache pain upon discharge from the hospital, but steady improvements in the control of your headaches is expected over the coming months. It is essential to continue working with your physician and the headache center staff by complying with treatment recommendations. Follow-up care is crucial to your success and will be monitored closely after discharge from the hospital. We recommend that you keep a record or diary of your headaches in order to observe improvements and evaluate for factors contributing to your headaches. Please bring your findings to each office visit. If you encounter any problems with your headache treatments, please contact the headache center immediately.

Your doctor has recommended that you continue all of your medications as they have been prescribed by your other physicians with the following changes or exceptions: _____

The following medications have been prescribed for you to be taken daily for prevention/control of your headaches: _____

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The following medications have been prescribed for you to treat headache pain as it occurs or to stop a migraine headache: _____

Your diet recommendation: _____
You may resume all of your activities in the household as before with the following exceptions: _____

You may resume work on _____. You have the following restrictions for work until further notice: _____

The following recommendations have been made based on your hospital stay and in conjunction with the Office for a Healthy Lifestyle for Headache patients:

Evaluation at Baylor Behavioral Pain Medicine: _____
Begin program recommendations from Baylor Pain Medicine: _____
Begin program recommendations for counseling: _____
Begin program recommendations for biofeedback: _____
Begin program recommendations for physical/occupational therapy: _____

The following consultations from other medical/surgical specialists have been arranged for you by the Headache Center:

Follow-up with the consultants seen during your hospital stay:

You will receive a call from the office to schedule your follow-up appointment which is to be no more than _____ weeks from today.

If you have questions or concerns regarding your condition or treatment please contact the headache center during business hours. In the event of an emergency contact 911 or proceed to your local emergency room for treatment.