**Migraine Headaches**

Migraine headaches usually involve pounding pain on one side of the head. Sometimes this pain can be preceded by a visual disturbance known as “aura”. Migraines are known as “attacks” as they come on quickly and the pain is severe. A migraine headache can last anywhere from a few hours to a few days. If you feel that your child is suffering from a migraine headache and your child has not been previously diagnosed, please call the office for an appointment.

**Migraine with aura:**

Visual disturbance

Throbbing, incapacitating pain

Pain starts on one side of the head and sometimes moves to the other

Drowsiness

**Migraine without aura:**

Throbbing, incapacitating pain

Pain is localized to one side of the head

Mental dullness

Moodiness

Fatigue

Fluid retention

Sensitivity to light

Nausea, vomiting and/or diarrhea

Drowsiness

**Treatment:**

Give prescribed medication as soon as the migraine starts

If you do not have a prescription medication, give ibuprofen as soon as the headache starts

Have your child lie down in a dark, quiet place and try to fall asleep

Apply cool compress to the forehead (warm compress will make pain worse)