LIDOCAINE NASAL SPRAY

Purpose:
Reduction of migraine headaches and nausea

Medication:
4% topical Lidocaine placed in an empty nasal spray bottle. Use one spray to the painful side or spray in each nostril if the headache is bilateral.

Administration:
- Lie on a bed or couch with your head bend back over the edge. Turn your head toward the side of your headache. Spray Lidocaine into the nostril on the side of the headache.
- If your headache is on both sides of your head, turn your head to one side, instill the Lidocaine, then rotate to other side and repeat the medication in the other nostril. Remain with your head tilted back for 3-5 minutes.
- You may repeat in 2 hours up to three times per day.

Side effects:
- Burning or numbness in the nostril or in or around the eye.
- Numbness of the throat
- Unpleasant taste in the mouth.

If no improvement in the headache has been noted after 15 minutes, you may take your usual headache medication.