



Medicine for Headaches after a Sports Concussion

Discuss with a medical provider before taking any medicines

Tylenol is the typical medication used for headaches after a head injury. Discuss with your medical provider to see if the right medication for your situation.

Ibuprofen and Naproxen are also used, although there may be rebound headaches- the headache comes back “worse than before” once the medication wears off.

Over the Counter and Supplement Medications:

Other over the counter medications can be considered to help relieve headaches. The list of options is numerous and none of them have been “proven” or “absolutely successful” for every patient. But because the risk of side effects are relatively low for each of them, they are over the counter and relatively inexpensive, they are probably worth a trial before considering prescription medication. This is a partial list of supplements that could help relieve a headache. None of them help prevent a concussion and none of them have been researched as treatments for a concussion or should be considered a reason to not follow school accommodations, alter modified sports participation, or change doctor’s recommendations.

Brain and Cardiac Supplement

Fish Oil: Omega 3 (500-1000mg daily)

Co-enzyme Q10 (100-200mg)

Help getting to sleep

Melatonin: (3-10mg before bed)

Headache relief

Vitamin B2 (riboflavin): (200mg-400mg daily)

Magnesium: (400-800 mg daily)

<u>Migravent (online)</u>
Vitamin B2, Butterbur, Magnesium, Coenzyme Q10
Not better but convenient in one pill once or twice a day

Other supplements to consider

Vitamin E, C: (Multi daily vitamin)

Vitamin D: (800 IU-4000 IU daily)

Prescription Medications:

Amitriptyline, Topamax, Inderal, ADHD medications, SSRI (Zoloft or Prozac), and Imitrex are just a few medications considered if headaches are not resolved in 4 weeks or so after a head injury and post concussive symptoms are treated. Each have possible side effects, require a doctor to monitor, and are only appropriate for certain patients with certain conditions. Not all concussion patients need the same medication and one medication may greatly benefit one patient and potentially worsen another even if both have a concussion.

Medications not typically recommended to use with Concussion:

Narcotics, muscle relaxants, Benadryl - while appropriate medications in certain situations these are typically avoided during a concussion as common side effects include dizziness, nausea, sedation, and mental foginess. Because these are also common symptoms with concussion, it can be difficult to discern if from the medication or if the concussion is possibly not improving/worsening.