Ali Totonchi M.D.

* Migraine Headache Log

TOTONCHI PLASTIC SURGERY

Days	Date	Migraine	Start time	End Time	Total time	Severity out of 10	Medication	Behind the eye side	Temple/side	Above eyebrows/side	Back of Head neck	Other Location	Comments
Sample	1-Dec	Y	7.20 PM	9.20 PM	2h	4	Tylenole, 325 mg	Left	Both	Right	Both		
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
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16													
17													
18													
19													
20													
21													
22													
23													
24													
25													
26													
27													
28													

Name:

*Please only mark the location, that headache starts from

Ali Totonchi M.D. Migraine Diagram

TOTONCHI PLASTIC SURGERY

Patient's name:
DOB:

Instructions:
-Please add a dot to the points in the pictures, which your headache is starting from
-please keep adding dots for total of 4 weeks, one dot for each headach

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