



Use of Intranasal Lidocaine in Cluster Headache

Lidocaine nose drops are used to abort a cluster attack once it has started. Use the lidocaine nose drops as soon as the cluster attack starts, as per the instructions below:



1. Wash your hands.
2. Check that the dropper is clean and is not chipped or cracked.
3. Blow your nose if necessary.
4. Draw up 2-3 drops of lidocaine into the dropper.
5. Lie down flat on a bed with your head extending over the edge of the bed.
6. Tilt your head downwards 30-45° and rotate it 20-30° towards one side.
7. Insert the tip of the dropper deep into the nostril (on the side you are tilted towards), approximately 2-3 centimeters.
8. Breathing through the mouth, place the drops into the nostril.
9. Maintain your position for 2-3 minutes.
10. Now repeat the procedure described above in the other nostril.
11. You may be able to taste the drops; this is normal and nothing to worry about.
12. Use the drops as directed and do not continue to use them for longer than your doctor has recommended.

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