

Dear [Patient's Name],

Thank you for your recent appointment. Based on our discussion regarding your migraines, I have outlined some treatment options and recommendations for you.

Treatment Options:

- **Medications:** Consider preventive medications such as Amitriptyline or Topiramate.
- **Abortive treatments:** Use triptans like Sumatriptan during an acute attack.
- **Botox injections:** Evaluate if you are a candidate for Botox for chronic migraines.
- **Lifestyle changes:** Maintain a regular sleep schedule and stay hydrated.

Recommendations:

Please keep a headache diary to track your migraine triggers and frequencies. This information will be helpful for our follow-up appointments.

If you have any questions or if your symptoms worsen, please do not hesitate to contact our office.

Best Regards,

[Your Name]

[Your Title]

[Your Contact Information]