

# Transcutaneous electrical stimulation of the supraorbital nerve for treating and preventing migraine

Information for the public

Published: 26 October 2022

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For treating acute migraine attacks, this procedure can only be done with special arrangements. This means you'll have regular appointments after the procedure to check how well it's working or whether it's caused problems. This is because there's not enough evidence about how well this procedure works in this group, and it can cause complications.

For preventing migraine, this procedure can only be done as part of a research study. This is because there's not enough evidence to be sure how well it works or how safe it is in this group. Your healthcare professional should talk to you about the research.

Migraines are moderate to severe headaches, usually felt as a throbbing pain at the front or on one side of the head. There can also be symptoms like feeling or being sick, and sensitivity to light. A migraine may last for several hours or days. In this procedure, a small device is positioned on the forehead with an adhesive electrode. When it is activated it sends small electrical currents through the skin (transcutaneous) to stimulate the nerves that bring sensation to the upper eyelids, forehead and scalp (supraorbital nerves). The aim is to relieve pain and reduce the number of migraine attacks. Stimulation is applied daily for 20 minutes to prevent migraine or about 1 to 2 hours as needed to treat an acute migraine attack.

The [NHS website](#) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what special arrangements are and what only in research means.

This organisation can give you advice and support: [Migraine Trust](#), 0808 802 0066.

You can also get support from your local [Healthwatch](#).

ISBN: 978-1-4731-8549-4