



Tension Release Patient Education

Ingredients:

- Magnesium Chloride
- Calcium Chloride
- Vita Complex (thiamine HCL (B1), riboflavin 5 phosphate (B2), niacinamide (B3), dexpanthenol (B5), pyridoxine HCL (B6))
- Ascorbic Acid
- Ketorolac
- Ondanestron
- Dexamethasone
- Methycobalamin

Benefits:

- Helps reduce and eliminate active migraines status



Contraindications:

- Severe kidney disease (worsen kidney function)- Nephrology clearance
- Severe liver disease (B3 increases liver enzymes; risk for toxicity)
- Cardiovascular dx including but not limited to CHF, CAD- unstable angina, arrhythmia prolonged QT interval, AV block, bradycardia, digoxin use, calcium channel blocker use; blood thinner use (increased risk for adverse effects)
- Myasthenia gravis or other neuromuscular d/o (may exacerbate)- Neurology clearance
- Optic atrophy or Leber's disease (may worsen condition)
- Use of pentoxifylline (for circulation) or probenecid (for gout) (absolute contraindication r/t combining use may lead to GI bleed)
- Allergy or sensitivity to Cobalt, NSAIDs, or to any component of mix including benzyl alcohol, sodium hydroxide or hydrochloric acid
- Active infection; Herpes outbreak (dexamethasone decreases immune response; critical interaction with antibiotic ceftriaxone)
- Acute gastritis; GI ulcer; recent GI bleed, peptic ulcer, perforation, recent abdominal or major surgery (increases gastric acidity; (increased risk to bleed; potential masking of reportable symptoms)

Caution:

- Pregnancy or breastfeeding (OB clearance)
- Less than 18 years old (Pediatrician clearance)
- Gout (may lead to flare)
- Kidney disease (risk for fluid overload; toxicity)
- Kidney stones (may exacerbate)
- Liver disease (risk for toxicity)
- Hemochromatosis (risk for iron overload); severe hypokalemia; megaloblastic anemia- Notify NP
- Low BP; history of orthostatic hypotension (B3 and magnesium may further lower BP)
- Muscle relaxer use; Magnesium supplementation (risk for hypoventilation) - NP clearance
- Insulin use (insulin increases intracellular magnesium increasing risk for toxicity) - NP clearance
- Chronic Metformin Use (interaction with B12 "very rarely results in a pernicious anemia" that resolves with discontinuation of B12 supplementation)

- Hypercalcemia, hypophosphatemia; Polycythemia vers (B12 may worsen)
- Parkinson's Disease (risk for interaction with medications)- Neurology clearance
- Combination with NSAID or ASA use (increased risk for GI bleed)
- Uncontrolled DM
- Respiratory Depression/ difficulty breathing (may exacerbate)

Dexamethasone Contraindications:

- Uncontrolled DM (can worsen blood sugar control)
- Current infection (suppresses immune response)
- Herpes outbreak (may worsen symptoms)
- Peptic ulcer (delays healing, increasing risk for bleeding or perforation)
- Severe HTN

Ketorolac Contraindications:

- Existing cardiovascular disease (increased risk for adverse effects)
- GI Ulcer, recent GI bleed or perforation, hx of recurrent ulceration (med may increase risk)
- Anticoagulant use (inhibits platelet functions)
- Recent major surgery or perioperative CABG (may mask reportable symptoms)
- Avoid in combination with NSAID's or ASA (increased risk to bleed; kidney damage)
- Hypersensitivity to NSAIDs
- Use of pentoxifylline (used to improve circulation) or probenecid (gout) (combining may lead to GI bleed) *absolute contraindication
- Probenecid use
- Anticoagulant therapy or hemostatic disorder