

Retro-ocular headache

Retro-ocular headache, also known as retro-orbital headache, is a type of headache that is felt deep within the eye socket or behind the eye. It is usually described as a sharp, stabbing pain that is felt on one side of the head, often accompanied by other symptoms such as eye redness, tearing, and sensitivity to light.

Retro-ocular headache can be caused by various factors, such as tension headaches, migraines, sinusitis, cluster headaches, or temporal arteritis. In some cases, retro-ocular headache can also be a symptom of a more serious underlying condition, such as an infection, inflammation, or tumor.

Treatment for retro-ocular headache depends on the underlying cause of the headache. Over-the-counter pain relievers such as ibuprofen or acetaminophen may provide relief for mild headaches. If the headaches are more severe or occur frequently, prescription medications such as triptans, ergotamines, or corticosteroids may be necessary. In addition, identifying and avoiding triggers, such as certain foods, stress, or lack of sleep, can help to prevent headaches from occurring.

It is important to see a healthcare provider if you experience retro-ocular headaches or any other type of headache, particularly if they are severe or occur frequently, to rule out any underlying medical conditions and to receive appropriate treatment.

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