

FACIAL/HEAD MUSCLE CRAMPS

Posted by helen - 27 Dec 2015 10:27

Dr tells me to take up to 4 Lorazepan a day to help cramps, but they are making me sleep and I still wake up in cramp!

Any suggestions would be greatly appreciated.

Love to all, Helen xx

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Re: FACIAL/HEAD MUSCLE CRAMPS

Posted by ann - 27 Dec 2015 21:47

Hello Helen,

I do hope that someone can help !! all my love Xxx

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Re: FACIAL/HEAD MUSCLE CRAMPS

Posted by helen - 04 Jan 2016 22:18

Dear Ann

Best wishes for the New Year, with plenty of low pain days in 2016 !!! 🍀

Lots of love Helen xx

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