In treating headaches (especially tension type):

Codeine should be used with caution because of the increased chance of causing analgesic rebound headache.

Low dose combination codeine preparations (e.g. co-codamol) have been shown to be of no greater efficacy than paracetamol alone.

High dose codeine (30mg) may be used for patients with severe headache as it is an effective painkiller for severe pain but this *must* be short term (less than one week) only.

Dr. S. A. Andreae-Jones MB BS