**Supplemental methods** - allodynia checklist:

**Allodynia symptom checklist-12**

The allodynia symptom checklist response scales are coded as follows:

* Combing your hair: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Pulling your hair back: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Shaving your face: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Wearing eyeglasses: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Wearing contact lenses: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Wearing earrings: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Wearing necklace: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Wearing tight clothing: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Taking a shower: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Resting your face or head on a pillow: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Exposure to heat: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2
* Exposure to cold: Does not apply=0, Never=0, Rarely=0, Less than half the time=1, Half the time or more=2

The total score is calculated by summing the values for each question.

The score ranges from 0 to 24 where a low score is good

The allodynia scores can also be characterised using cut-off values as follows:

0-2 = no allodynia

3-5 = mild allodynia

6-8 = moderate allodynia

9 or more = severe allodynia