Calderdale and Huddersfield
NHS Foundation Trust

Pain Service

Botulinum Toxin Type A Injection

Why am I having this injection?

Your Consultant has requested this medication for its beneficial effects in reducing headaches termed chronic migraine pain. Botulinum toxin type A is used as a therapy for the prevention of headaches in patients with chronic migraine which does not respond well to other treatments.

What is Botulinum Toxin Type A

Botulinum toxin type A (may be known as Botox®) although it is also made by other manufacturers under different names. Botulinum toxin type A is a "purified neurotoxin complex " derived from the bacterium Clostridium Botulinum toxin type A. This is an organism found in the natural environment where it is largely inactive and non-toxic. It works by preventing signals from the nerve cells reaching muscles, therefore paralyzing them. Botulinum toxin type A has been shown to improve the quality of life for patients suffering from chronic migraine.

Before you have the injection please inform the clinic if:

- ☐ You have had any allergies or had a previous reaction to Botulinum toxin type A
- ☐ You have any muscle activity/ bladder disorders
- ☐ Any infection around your face or head
- ☐ You are/ may be pregnant or breastfeeding
- ☐ You are taking any medications to thin your blood.
- ☐ You have a latex allergy
- ☐ Your medical condition has changed since you last saw the Consultant
- ☐ You suffer from epilepsy
- ☐ You suffer from diabetes
- ☐ You suffer from Myasthenia gravis
- ☐ You have a chronic respiratory disorder
- ☐ You have a history of aspiration (accidentally inhaling a foreign body such as food or drink)
- ☐ You have a history of dysphagia (difficulties swallowing)
- ☐ If you have a cold or temperature.
- ☐ You are a wheelchair user and you might need any help getting out of it
- ☐ You are hard of hearing/deaf
- ☐ You are partially sighted/registered blind
- ☐ You need an interpreter
- ☐ You are very nervous about needles, hospitals or medical staff

compassionate care

There is no need to fast for this procedure, please wear comfortable clothes as you will need to sit in a chair during the time the injection is given.
To administer Botulinum toxin type A the doctor will administer a series of shallow injections with a small needle. This is often described by patients as “pinpricks”. The injections are targeted around key areas of the head and neck.

What are the side effects / complications?

Common

- ☐ Flu like symptoms
- ☐ Paralysis of nearby muscles
- ☐ Pain at the injection site which may last a few days
- ☐ Neck pain
- ☐ Headache
- ☐ Eyelid ptosis (drooping of the eyelid)
- ☐ Musculoskeletal stiffness
- ☐ Musculoskeletal weakness

Rare

- ☐ Arrhythmias (problems with the rate or rhythm of the heart)
- ☐ Myocardial infarction (heart attack)
- ☐ Seizures (fits)

Very rare

- ☐ Aspiration (breathing foreign objects into the airways)
- ☐ Respiratory disorders
- ☐ Dysphagia (difficulty swallowing)
- ☐ Dysphonia (hoarseness when speaking)
- ☐ Exaggerated muscle weakness

You will be closely observed by a qualified nurse after the injection with a doctor available for immediate assistance if required.

After the Injection

After the injection has finished you will be asked to rate your pain again. Most people report at least 50% improvement in their pain immediately. You will remain under observation for another half hour to check your observations are stable and then allowed to go home. Please ensure a friend or relative is available to take you home and stay with you for the next 24 hours. You are not recommended to self-drive or go home on public transport.

Driving

Do not return to work immediately, rest for 24 hours and then slowly start to increase your activity. Someone must drive you home following the Botulinum toxin type A injection as there is a possibility the injection may impair your ability to move your head / neck or arm.

What next?

If this is your first Botulinum toxin Type A injection you will be followed up to evaluate the effectiveness of your treatment. If you have had the procedure previously ensure you have a further follow up appointment arranged before leaving the department if required.

The treatment is part of a holistic approach to your ongoing pain management; if you need help with pacing every day activities or setting goals/action plans please contact one of the team who will happily provide you with information.

If you have any comments about this leaflet or the service you have received please contact:

The Pain Clinic
Monday-Friday
9am-5pm
(excluding Bank Holidays)
Telephone No: 01422 224085
or contact your own GP

You should seek immediate medical attention if you experience any of the symptoms below

- Increasing muscle weakness
- Breathing, swallowing or speech difficulties

Be sure to inform the person contacted that you have had a Botulinum toxin type A injection.

References:

- Isle of Wight NHS Trust (2013) Patient Information Leaflet: Advice following Botox injection for chronic pain relief. Isle of Wight NHS Trust
- National Institute for Health and Care Excellence (2017) Botulinum toxin type A for prevention of headache in adults with chronic migraine. National Institute for Health and Care Excellence

If you have any comments about this leaflet or the service you have received you can contact :

Pain Service,
Calderdale Royal Hospital
Telephone: 01422 224085

www.cht.nhs.uk

If you would like this information in another format or language contact the

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,

ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰਲੇਖਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"