



## BOTOX INJECTION FOR PAIN

Botox injection is performed on an out patient basis for treatment of myofascial pain. This information sheet will provide you further details regarding this procedure.

### WHAT IS BOTOX INJECTION?

Botox injection involves injection of botulinum toxin type A in to the painful muscles under ultrasound guidance. The toxin helps to relax the muscles and there by reduces pain.

### WHAT IS BOTOX?

Botox is the trade name for botulinum toxin produced by Allergan. It is a prescriptive medicine.

### WHAT HAPPENS DURING THE PROCEDURE?

The procedure may be performed under ultrasound guidance. The doctor will insert a needle into the affected muscle. The doctor would finally inject the medication into the muscle.

The procedure is performed under local anaesthetic and you will remain awake during the procedure.

### WHAT HAPPENS AFTER THE INJECTION?

A nurse will monitor you for up to 30 minutes after the procedure.

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need some one responsible to take you home.

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

The procedure may not help in some cases. Your pain may be exacerbated for up to a week or sometimes longer from the injection. We always warn you about serious side effects including infection, nerve damage and bleeding but these are extremely rare. Botox may cause problems with swallowing, speaking or breathing due to muscle weakness.

The doctor will discuss these side effects in more detail when you sign the consent form.

### WHAT CONDITIONS CAN BE TREATED WITH BOTOX?

Botox can be used for management of myofascial pain- pain arising from the neck muscles and back muscles. It is licensed for management of chronic migraine, upper limb spasticity, cervical dystonia, over active bladder, strabismus and blepharospasm.

### HOW DOES BOTOX WORK?

The toxin works by blocking over-active nerve impulses that trigger excessive muscle contractions or glandular activity. The effect is temporary and may last from a few weeks to up to 6 months.

### HOW LONG CAN I EXPECT THE PAIN RELIEF TO LAST?

The duration of pain relief is variable and difficult to predict. The injection may last from a few weeks to several months. The aim is to break the pain cycle to enable you to engage in a rehabilitative process, which is the mainstay of treatment for chronic pain.

### IS THERE ANY THING SPECIFIC THAT I NEED TO INFORM THE DOCTOR ABOUT PRIOR TO THE PROCEDURE?

You should always tell the doctor if you are pregnant or likely to be pregnant.

Always inform the doctor about any muscle or nerve problems you suffer from including myasthenia gravis, Lambert-Eaton syndrome and amyotrophic lateral sclerosis.

You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.

**Finally always inform the doctor about your allergies, especially latex, iodine and medications.**





## PROCEDURES WE OFFER

LUMBAR EPIDURAL INJECTION  
CAUDAL EPIDURAL INJECTION  
LUMBAR FACET JOINT INJECTION  
CERVICAL FACET JOINT INJECTION  
THORACIC FACET JOINT INJECTION  
DORSAL ROOT GANGLION BLOCK  
NERVE ROOT BLOCK  
LUMBAR FACET RADIOFREQUENCY  
DENERVATION  
CERVICAL FACET RADIOFREQUENCY  
DENERVATION  
TRIGGER POINT INJECTION  
SACRO ILIAC JOINT INJECTION  
COCCYX INJECTION  
GANGLION IMPAR BLOCK  
PIRIFORMIS INJECTION  
INGUINAL NERVE BLOCK  
PUDENDAL NERVE BLOCK  
JOINT INJECTION  
OCCIPITAL NERVE BLOCK  
PULSED RADIOFREQUENCY  
TREATMENT  
INTERCOSTAL NERVE BLOCK  
RECTUS SHEATH BLOCK  
TROCHANTERIC BURSA INJECTION  
ISCHIAL BURSA INJECTION  
ILIO LUMBAR LIGAMENT INJECTION  
QUADRATUS LUMBORUM INJECTION  
ACHILLES TENDON INJECTION  
PLANTAR FASCIA INJECTION  
GENICULAR NERVE BLOCK & RF  
NEUROTOMY  
OF KNEE JOINT  
SUPRASCAPULAR NERVE BLOCK  
BOTOX INJECTION  
PLATELET RICH PLASMA THERAPY  
TENNIS ELBOW INJECTION  
GOLFER'S ELBOW INJECTION  
SUPRASCAPULAR NERVE ABLATION  
BOTOX FOR MIGRAINE  
CERVICAL MEDIAL BRANCH BLOCKS  
LUMBAR MEDIAL BRANCH BLOCKS  
STELLATE GANGLION BLOCK  
HIP JOINT COOLED  
RADIOFREQUENCY ABLATION  
INGUINAL NERVE ABLATION  
LATERAL FEMORAL CUTANEOUS  
NERVE BLOCK  
GREATER AURICULAR NERVE BLOCK  
BOTOX FOR BACK PAIN

The above information is for general education only. Please ask specific questions to the doctor during your consultation.

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