

# Botox

## Neurology

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### Indications

Botox has FDA approval for treating:

- Eyelid spasms
- Strabismus
- Cervical Dystonia

Off-label uses include:

- Cerebral Palsy
- Essential Tremor
- Facial spasms
- Dystonias
- Pain
- Multiple Sclerosis
- Stroke
- Traumatic Brain Injury

***You must cancel your Botox appointment at least 24 hours before or you will be charged for the medication.***

### What is Botox?

Botox is a muscle relaxant that has been used for treating patients for more than 10 years. It has been endorsed since 1990 by the National Institute of Health (NIH).

Botox is botulism (bought-choo-lism) toxin (tock-sin) derived from the bacteria *Clostridium botulinum*. It was first studied in the 1940s. In the 1960s the muscle-relaxing properties of Botulism toxin were studied in treating overactive muscles.

### How does it work?

Your brain sends electrical messages to your muscles to make them contract and move. The message is transmitted by acetylcholine (a-seat-toe-coe-lean). When the muscles are more active, they spasm or tense up. Botulism toxin prevents the nerve from releasing acetylcholine. As a result, muscle spasms stop or are greatly reduced.

### How is it given?

Botulism toxin is injected into the affected muscles. Some patients have mild, temporary discomfort.

### When does it work?

If you are being treated for Cervical Dystonia or Cerebral Palsy effects begin within two weeks with maximum effect by six weeks. For eyelid spasms (blephospasms) the effect begins with three days and maximum effect by 1 to two weeks. If it is being given for cosmetic reasons, effects begin with in one to two days and continue to improve for up to one month.

### How often are treatments?

Botulism toxin is not a cure. But for many, the effects are dramatic. It will last four to six months. At that point another injection will be needed to provide relief. Most patients receive 3 to 4 treatments a year.

You can be treated as long as your condition responds to treatments. Botox's safety in long-term use is well established.

Some patients develop resistance (antibodies) to the botulism toxin. When this happens, the treatments may no longer work. To help prevent this, we keep the dosage as low as possible and try to space out the injections.

### What are the side effects?

Common side effects include

- headache
- localized pain
- local bruising
- localized redness
- nausea
- dry mouth
- local muscle weakness

When treating Cervical Dystonia:

- neck pain
- trouble swallowing

When treating eye spasms:

- eye drooping
- inflammation of the cornea
- reduced blinking

### What about insurance?

Many plans cover botulism toxin injections when used for medical purposes. We will help you with pre-approval.