

Botox Injections - Patient Factsheet

Botox (Botulinum toxin type A) injections reduce muscle bulk as well as muscle contracture that have the potential for causing pain.

Botox works by blocking the chemical signal (neurotransmitter) normally causing contraction of the muscle. This provides relief from involuntary muscle activity or increased muscle tone resulting in painful spasticity.

Why have I been referred for a Botox injection?

You may be experiencing spasticity and/or pain associated with a sporting injury or disorder.

Botox can help with the treatment and management of the following musculoskeletal conditions:

- Popliteal Artery Entrapment Syndrome
- Piriformis Syndrome
- Muscle Spasticity/contracture conditions (ie. Cerebral palsy)
- Thoracic Outlet syndrome
- Greater occipital nerves
- Obturator Internus Dysfunction

What you can expect before, during and after the procedure

Before the procedure

Most people tolerate the procedure well. Anaesthetic can be administered prior to the procedure by our radiologist to numb the area.

During the procedure

Our radiologist will use a fine needle to inject small amounts of botulinum toxin into the muscle. The number of injection sites may vary depending on the size of the muscle involved. Imaging guidance using ultrasound or CT ensures accuracy of the injection for the best results.

The procedure will take approximately 15 – 20 minutes.

After the procedure

Do not rub or massage the treated areas for 24 hours.

There may be slight soreness or bruising at the injection site.

We advise that someone drive you home.

When will I feel the benefits of the Botox injection?

Within 5 – 7 days you should start to feel some benefits from the Botox injection.

Typically, the benefits of the toxin last 4 – 6 months but this may vary between patients. If symptoms return the procedure can be safely repeated.

Are there any risks or side effects?

The risk of side effects is very low from Botox injections. However, any injection carries some risk including:

- Bleeding/Bruising
- Infection
- Localised pain / redness at the injection site
- Headache
- Allergic reaction

Please bring to your appointment

Please bring your referral from your doctor along with the following:

- Medicare Card
- Pension/Concession Card
- Previous imaging films

Things we need to know about you

Please inform our team if you experience any of the following:

- Allergic reaction to medications, anaesthetic agents or X-ray contrast
- If you are not feeling well or wish to cancel, please phone and reschedule your appointment - 03 9420 1700
- Female patients: Please let us know if you are pregnant or suspect that you may be pregnant or if you are breast feeding. Botox is not recommended for women who are pregnant.

Further questions?

Please feel free to contact us at any time if you have questions or concerns: 03 9420 1700

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