

## Ultrasound Procedures: Factsheet

# BOTULINUM TOXIN INJECTION

Botulinum toxin is injected into muscles under ultrasound guidance. The benefits of this minor procedure include reduction in pain, decreased spasticity and reduction in the negative effects of spasticity or spasm. Botulinum toxin is best used in combination with other forms of treatment including exercise, physiotherapy, oral medication and progressive return to activity. The injection lasts for up to 12-16 weeks and may need to be repeated.

## Before Procedure

There is no specific preparation required and you may eat and drink as normal before the procedure. If you take Warfarin or other blood thinning agents, please discuss this with your treating physician prior to the procedure.

## Procedure

The procedure may be performed under ultrasound or CT guidance to ensure the medication is administered directly into the affected area. The procedure takes about 10-15 minutes. The area will be cleaned with antiseptic solution and a thin needle will be used to administer the medication. You may feel some localised pressure or discomfort during the injection.

## After Procedure

It is recommended that you do not vigorously exercise, work or go to physiotherapy until approved by your treating physician. Occasionally, patients experience a dull ache in the region for up to 24 hours post procedure which can be managed with over the counter pain relief.

## Risks and Side Effects:

Complications with this procedure are uncommon and may include:

- Pain, bruising, temporary numbness, tingling or discomfort at the injection site.
- Infection is very rare. This may involve redness or swelling and increased pain. This risk is higher in people with diabetes or impaired immunity (due to medications that suppress the immune system). If you are at a higher risk, please discuss with your treating physician prior to the procedure.
- Some weakness may occur in effected limb/s.