

Botulinum Toxin Injections for Migraine

This handout will help you understand the basics of botulinum toxin injections and help you prepare for the procedure.

What are botulinum toxin injections?

Botulinum toxin type A (Botox®, Dysport®, Xeomin®) is a protein that causes muscle weakness. When it is injected into a specific muscle, it causes the area to relax. Botulinum toxin injections (shots) are an effective treatment for chronic migraine.

What should I expect on the day of my injections?

On the day of your injections, you will arrive at either the Kellogg Eye Center, Taubman Clinic, or Burlington Back and Pain Center. You will have the injections in a regular exam room or clinic procedure room. Your doctor will use a small needle to inject botulinum toxin into several areas on the head, neck, and upper back.

What should I expect after the injections?

You can return to your normal activities right away after receiving your injections. Be careful not to rub the injection sites. This may make the toxin spread to other areas.

When will I notice results?

It may take 1-14 days for you to notice relief from your migraine symptoms. When botulinum toxin is effective, you will have fewer headache days and your symptoms will be less severe. Typically, the effects of the injections will last up

to 3 months. In the 3 months after the injections, you should keep track of your headache symptoms using a headache diary. This will help your doctor make decisions about any treatment dose or pattern changes you might need.

Are there complications after having botulinum toxin injections?

Botulinum toxin injections are a safe treatment. The most common side effects are:

- Pain, swelling or bruising at the injection site
- Neck pain

All of these side effects are mild and temporary. Serious side effects are unlikely, but possible. In very rare cases, botulinum toxin injections can cause muscle weakness, loss of bladder control, or trouble breathing. Call your doctor immediately if you have any of these symptoms.

When will I need another round of botulinum toxin injections?

We recommend that you have injections about once every 3 months. The benefits of the injections will usually not decrease as you have more treatments.

For more information, scan this QR code or visit this website: [MedlinePlus.gov/botox.html#cat42](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4242424/)



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Authors: Kristin Maurer, BA, Lindsey DeLott, MD, Gale Oren, MILS

Edited by: Brittany Batell, MPH MSW CHES®

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