

Botox Injections for Pelvic Pain and Dysfunctional Defecation

Botox Injections

Botulinum A toxin (Botox) injections are an effective treatment for pain from muscle spasm in many parts of the body. Botox is also effective for treating chronic pelvic pain and problems with having bowel movements (defecation). Most patients experience some relief from their pain after treatment with Botox. About one half (50%) of patients will have some relief of pain symptoms or improvement in emptying their bowels after Botox injections. It usually takes 1-2 weeks to start feeling relief. Maximum relief is generally seen around 4 weeks after the injection and lasts for about 6 months.

How are Botox injections given?

- Botox is given in a series of 4-5 injections at each appointment. You will get a needle stick with each injection. A very small amount of liquid containing Botox is injected each time into the pelvic muscles. Injections are given every 3-6 months if they are effective.
- The entire procedure takes about 30 minutes. The injection time usually takes less than 5 minutes.
- We will use topical lidocaine to decrease discomfort.

What are my instructions for before the procedure?

- Plan for someone to drive you home after the procedure.

What are the possible side effects?

- Most patients have a small amount of vaginal or anal bleeding for 24 hours or less.

- About 10% of patients will have mild flu-like symptoms (body aches, headaches) for about 48 hours after the injections.
- About 15% of patients notice an increase in **anal incontinence** (uncontrolled leakage of gas or stool through the rectum). These symptoms resolve over time as the Botox wears off.

What are my instructions for after the procedure?

- Do not have sex for 48 hours after the injections.
- Continue with your bowel and biofeedback program.

Who do I contact with questions?

If you have additional questions about the side effects or about how to care for yourself at home, please call (734)763-6295, and select Option 3.

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