

Botulinum Toxin Muscle Injections

What is Botulinum toxin?

Botulinum toxin A is a drug used to relax muscles. It blocks the action of a chemical called acetylcholine which normally causes muscles to tighten.

The two brands available in Canada are Botox® and Xeomin®.

How can this treatment help me?

This treatment can help decrease joint and muscle tightness caused by spasticity.

This may help you to:

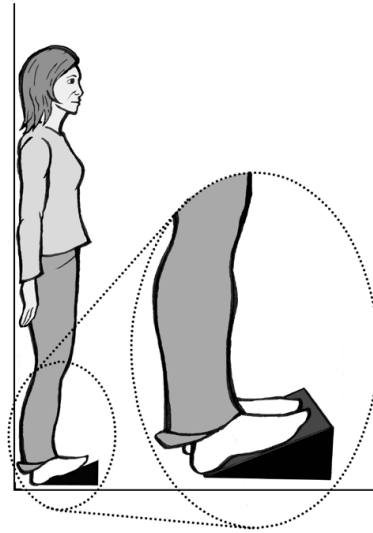
- sit more comfortably or move more easily
- bathe and get dressed more easily
- help your braces fit properly
- prevent other problems related to spasticity



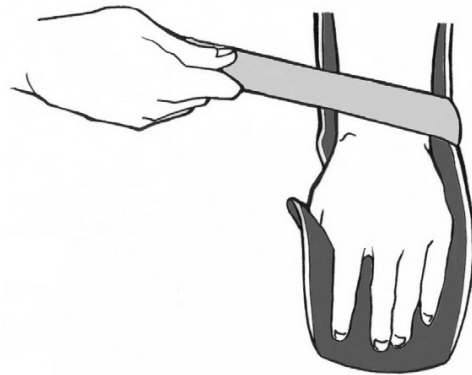
This medicine works best when you follow all instructions given to you by your doctor and therapists.

This means that you must:

1. Do the exercises that have been given to you by your therapists exactly as you have been shown.



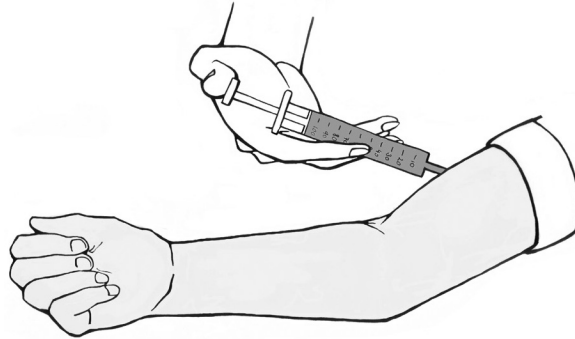
2. Use your splint exactly as you have been taught.



3. Have regular blood tests if you are taking blood thinning medications such as Coumadin® or warfarin.

How is the medicine given?

This medicine is injected directly into the muscle that is tight. More than one injection may be given when more than one muscle is tight, or if the muscle is very large. The doctor may use a machine to find the correct muscle and the best place to inject the medicine. This machine measures the electrical activity of the muscle.

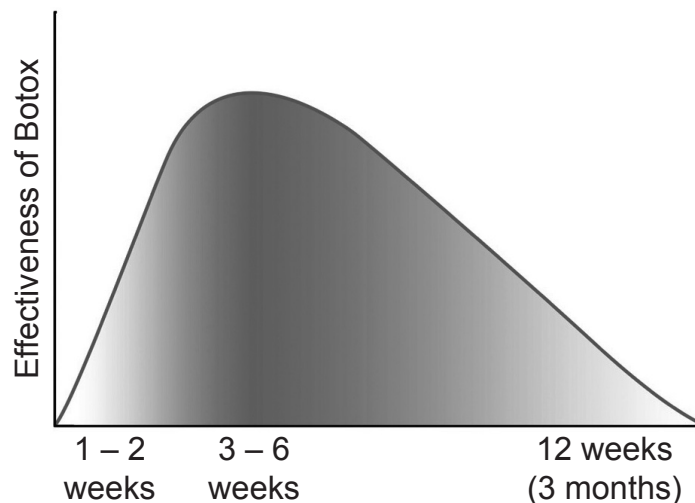


How is this medicine paid for?

Your doctor will discuss your payment options with you.

How soon will I see results and how long will they last?

You may start to see some relaxation of the muscle within the first few days. It will have the strongest effect by 2 – 6 weeks. By 3 months the effects of the medicine may have disappeared.



This medicine wears off!

But, if you carefully follow the instructions given to you by your doctor and therapists, you may notice some improvements even after the medicine has worn off.

You may see:

- less spasticity
- more flexibility

These changes may lead to improvement in your ability to move or do activities of daily living.

How often can I have injections?

Once the effects of the first injection or set of injections have worn off, your doctor may recommend that you have more. Your doctor and therapists will help you decide if and when this should happen.

Are there any side effects?

As with any medicine, side effects can occur. Some happen more often than others. Botulinum toxin **may** have the following side effects:

- Soreness, stiffness, redness or swelling where you received the injection. This usually disappears within a few days.
- If you take blood thinning medication such as Coumadin® or warfarin your skin may be bruised at the site of the injection.
- Weakness in the muscles that are injected.
- Headache or flu-like symptoms.

There may be other side effects. Talk to your doctor.

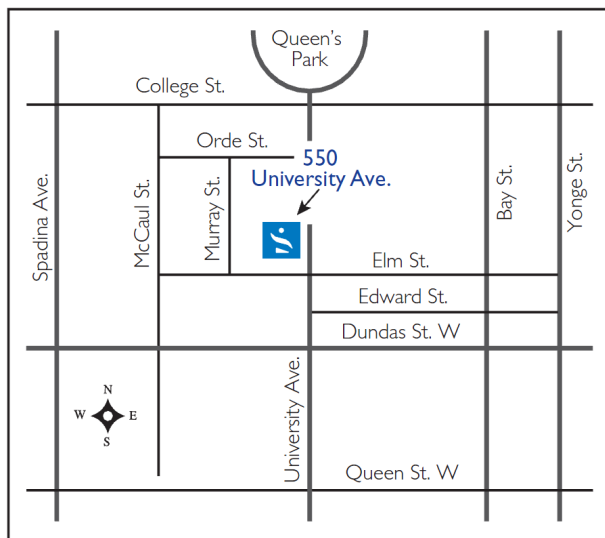
If you notice the following rare side effects, seek immediate medical attention:

- Swallowing problems that cause you to cough when you eat and drink
- A general feeling of being very weak or fever
- Pain and swelling where you were injected that lasts more than a couple of days
- Rash
- Difficulty talking or breathing
-

Where can I get more information?

We offer clinic appointments at 2 Toronto Rehab locations:

University Centre
550 University Avenue
Toronto, ON M5G 2A2
(corner of Elm and University)



Clinic Phone: 416 597 3422 ext.7009

Clinic Fax: 416 597 7172

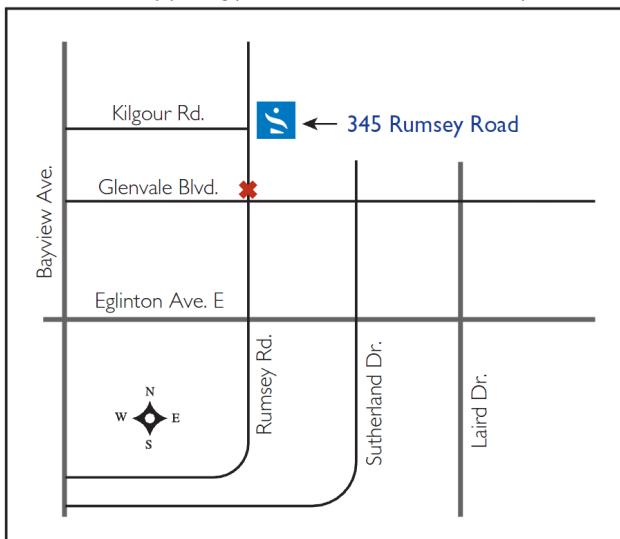
Website: www.torontorehab.com

On the day of injection, tell the doctor if you:

- are on antibiotics
- have cold or flu symptoms
- take Coumadin or warfarin

Rumsey Centre
345 Rumsey Rd.
Toronto, ON M4G 1R7
(close to Bayview and Eglinton)

✘ Please note: only parking passholders can access from Rumsey Road



To find websites with information about spasticity go to:
www.torontorehab.com/Health-Conditions-A-Z/Spasticity

My Toronto Rehab Health Care Team:

Spasticity Clinic Phone No: **416 597 3422 ext.7009**

My Service Coordinator: _____

My Doctor: _____

My Nurse: _____

My Occupational Therapist: _____

My Physiotherapist: _____

My Physiotherapy Assistant: _____

My Occupational Therapy Assistant: _____

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