

# Botox® Injection

Register using a self check-in kiosk in the main entrance of the Centennial or Dickson buildings, Victoria General site.

Next, go to the Eye Care Centre in the Centennial building, 2A.

# **Botox® Injection**

Your doctor has recommended Botox® injections for your blepharospasm (rapid eye blinking) or facial muscle spasms.

## **What is Botox® and how does it work?**

- Botox® is a purified (germ-free) toxin that can stop muscle spasms.
- Your nerves release chemicals that cause the spasms in your muscles. Botox® blocks these chemicals and stops the spasms.

**What are your questions?  
Please ask. We are here to help you.**

## How long do the Botox® effects last?

- Botox® is not a cure. It helps relieve your symptoms for about 3 months.
- You should see improvement in 3 to 5 days. This will be different for each person and depends on the amount of Botox® given.
- If your spasms do not get better, you may need another injection.

## On the day of your appointment:

- **Do not** wear any makeup on your eyes or face.
- Go to the main entrance of the Centennial or Dickson building, Victoria General site. **Register using a self check-in kiosk.**
- Go to the Eye Care Centre in the Centennial building, 2A.
- Plan to be at the Centre for 1 to 1 ½ hours.

## During treatment

- You will be asked to sit in a chair with your head well-supported.
- The eye doctor will use a needle to inject the Botox® around your eyes and face.

## After treatment

- The amount of Botox® you will have during this treatment is very small. It does **not** spread to any other parts in your body. You can go back to your usual activities right away.
- **Do not** rub the injection areas after the treatment.

## Are there any side effects?

- You may have some of these side effects:
  - › Your upper eyelid may droop.
  - › Your eyelid may be puffy.
  - › Your eye may be dry. You may need eye drops. You **do not** need a prescription for the eye drops.
  - › You may have trouble closing your upper eyelid.
  - › Your eye may be sensitive to light.
  - › Your eye may tear up because your lower eyelid is weak. This will go away over time as the Botox® wears off.
  - › Your lips may move differently. This may make it hard to talk.
  - › You may have bruising around the injection areas.
  - › Double vision (seeing 2 images when you are looking at one object).

These side effects are temporary (will go away over time).

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](https://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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