

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[®]? How does it work?

Botox[®] is a purified neuromuscular toxin.

Your nerves release chemicals that cause the spasms in your muscles. Botox[®] blocks these chemicals and stops the spasms.

How long does the effect last?

Botox[®] is not a cure. It helps with 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. You may need another injection if the spasms do not get better.

How do I get ready? Where do I go?

On the day of your appointment:

- Do not wear any makeup on your eyes or face before your appointment.
- 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 1½ hours.

What will happen during the treatment?

- You will be asked to sit in a chair with your head well-supported.
- The doctor will use a needle to give injections around your eyes and face.

What will happen after the treatment?

- During the treatment, a very small amount of Botox® is given. It does not spread through your body, so you can go back to your normal activities right away.
- **Do not rub the injection areas after the treatment.**

Are there any side effects?

You may have temporary side effects, such as:

- › 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.
- › You may have trouble closing your upper eyelid.

- › You 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.
- › Changes in your lip movement may make it hard to talk.
- › You may have bruising around the injection areas.
- › Rarely, you may have double vision.

These side effects will go away over time.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Eye Care Centre

Designed by: NSHA Library Services

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WW85-0282 © December 2020 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.