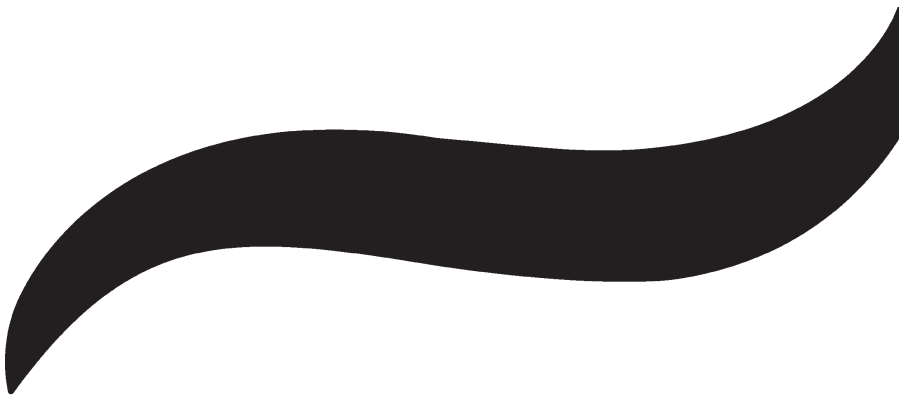




Botulinum Toxin Injection for Treatment of Spasticity in Adults

Information for patients

Botulinum toxin



WHAT IS BOTULINUM TOXIN?

Botulinum toxin (BT) is a neurotoxin which is derived from the Clostridium Botulinum bacteria. It acts within the muscle to cause weakness.

WHY DO I NEED IT?

Your therapy team and doctor, have identified that using BT may help with some of the symptoms you are having because of your tight muscles. The specific goals of your treatment will be carefully discussed with you prior to any agreed treatment. The drug will not improve your symptoms on its own, but is helpful when combined with a programme of physiotherapy and/or occupational therapy.

WHAT ARE THE BENEFITS?

It can assist with the management of pain or spasm. It may also help to improve function, or help you with the use of surgical appliances, such as splints, or help you position yourself better when you are seated or in bed.

HOW IS IT GIVEN?

BT is given as an injection into the muscle(s) that are causing most of your problems. The injection is given by a doctor or therapist who will use an ultrasound machine to make sure the correct muscle is targeted. Sometimes a small needle with an electric pulse can also be used (EMG) but this is not painful.

WHAT ARE THE RISKS?

More common, milder side effects after injection can include minor bleeding or pain at the injection site, and some people may experience a flu- like illness. Uncommonly, infection can occur at the injection site, if this occurs you should seek medical advice, by speaking to Glenaffric Day Hospital Staff, Contacting NHS 24 (by phoning 111) or attending your GP or local Emergency Department.

More serious side effects can include hypersensitivity reactions, or, because the injection caused weakness of muscles, some patients can experience difficulty in swallowing or breathing, but these are rare. If you think you are experiencing any of these effects, please seek medical advice as described above, by speaking to Glenaffric Day Hospital Staff, Contacting NHS 24 (by phoning 111) or attending your GP or local Emergency Department.

WHAT CAN I EXPECT AFTER THE INJECTION?

The effect will be temporary, you may notice a few days after injection that the muscles we have injected have become weaker (which is the effect we are hoping for) and this can last for up to three months. We'll discuss the benefits you experienced at your review appointment and decide if further injections would be helpful for you.

WHAT ABOUT MY THERAPY PROGRAMME?

You will be encouraged to agree and participate in a personal programme with therapists, including physiotherapy, occupational therapy and orthotics very soon after injection. You may also be prescribed splints or orthoses, as well as being given exercises or stretches to do.

You will be reassessed six - eight weeks after the injection and will continue physiotherapy throughout and will be invited to return to the tone management clinic at Coathill in four months.

CAN ANYONE HAVE THIS TREATMENT?

No. We would not offer this treatment to people who:

- ❖ are pregnant
- ❖ have a documented history of allergy or hypersensitivity to Botulinum Toxin
- ❖ have had Botulinum Toxin injections for other reasons within the past three months (such as, for bladder problems, dystonia, blepharospasm, cosmetic) - it is very important that you tell the team if you have had other injections
- ❖ are taking blood thinning (anticoagulant) medication, we would need to check your blood levels before deciding to proceed with treatment

WHAT ARE THE ALTERNATIVES?

These will be discussed with you and your carer.

Stretching, management of things which make spasticity worse (triggers), oral medications for generalised spasticity can sometimes be used instead of, or alongside, BT.

Very occasionally surgical treatments are necessary, or treatments to block the nerves that supply groups of muscles.

You can discuss these with your team at any time.

FURTHER INFORMATION

This information gives a general overview of Botulinum Toxin treatment for patients with spasticity. It may not cover all situations. If you have further questions, please speak to the doctor or therapy staff involved in your care.

Contact Details

If you have further questions, please contact

Glenaffric day hospital
Coathill Hospital
01698 753681

Tone management specialist team

Dr Caroline McInnes, Consultant in Stroke and Elderly Care

Dr Fiona Brodie, Consultant in Stroke and Elderly Care

Debbie Strang, Neurophysiotherapist

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