

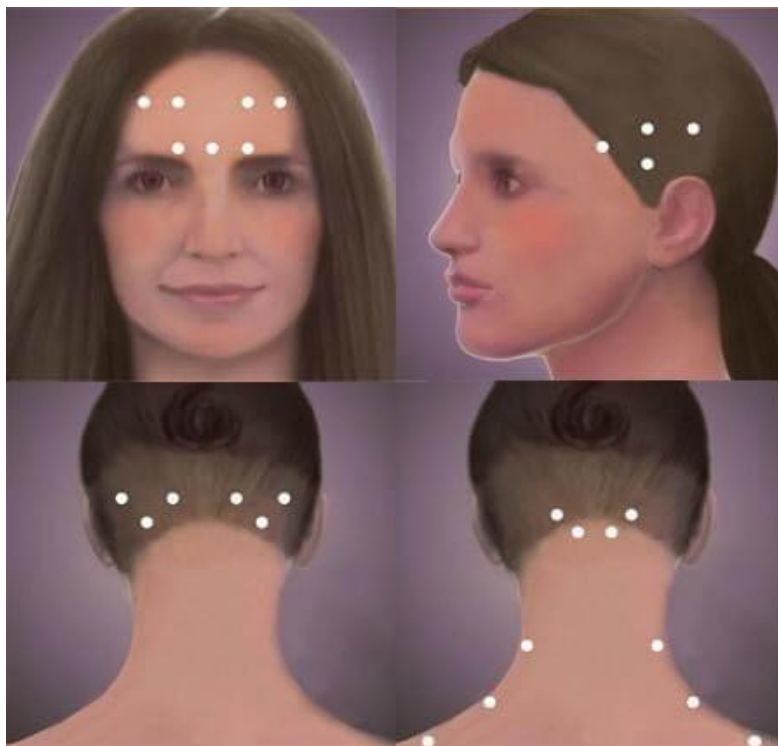
Instructions for Preparing for Botox Injections for Chronic Migraine

The possible benefit of Botox is a significant improvement in your headaches. The possible risks of the injections are similar to any procedure where a needle punctures the skin: bleeding or infection at the injection site.

In rare cases, Botox may spread and cause temporary weakness of facial muscles. If this happens, it will resolve, as Botox wears off (over three months). Theoretically, Botox could spread to other parts of the body and cause weakness, but this has not been reported to happen with Botox administration for migraines.

If referred for Botox:

- Your referring neurologist should have explained what to expect, but if you have questions please call our office.
- Please be on time for your appointment, as we cannot begin preparing your injections until you arrive.
- If you have requested to have our medical assistant apply Emla (numbing cream) before your injections, please arrive 45 minutes prior to your scheduled appointment.
- If you have long hair, wear your hair up in a ponytail/bun or bring a hair fastener.
- If you plan to apply Emla (provided to you as an outpatient prescription) before your arrival, please use the diagram below as a guide.



← Both sides of temples

Emla Instructions

Apply a thick layer of cream (the thickness of the edge of a quarter) in a strip over the injection sites 30-60 minutes prior to procedure. Do not rub the cream in.

You can cover the areas with plastic wrap to help the cream absorb and keep it from evaporating.