

## **Patient Information Sheet for Botox**

Botox is a muscle relaxant which has a number of uses in clinical practice. It has found to be useful in chronic migraine (headache on more than 15 days of the month, of which 8 are migraine headache) and is licenced for this indication in cases where standard preventative drugs have not worked.

31 injections are administered at specific points in the head and neck. These are small pinpricks which inject a very small amount of botox into specific areas.

The frequency of injection is every 3 months but if there has been no response after 6 months, then the treatment is terminated.

We do not undertake Botox injections at the Headache Clinic, and onward referral to the Botox Clinic at the Royal Devon & Exeter Hospital is required.