**Lewis Headache Center**

**Botox (OnabotulinumtoxinA)**

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**What is Botox?**

Botox (AKA onabotulinumtoxinA) is a purified protein made by a bacteria called clostridium botulinum. When used in chronic migraine, Botox changes the pain circuits by preventing a chemical to release. By preventing this chemical, nerves send less pain signals, decreasing migraines.

**Who can get Botox?**

Botox is approved for chronic migraine, which means 15 or more headache days per month. To get coverage, normally at least 2 previous medication attempts from a list of approved options is required.

**What does Botox involve?**

- Done in clinic every 12 weeks (3 months)
- Takes 2 to 10 minutes
- Not sedating (can drive & return to work)
- 31 to 40 injections
- No numbness
- Mild pain, potentially worse during a migraine attack

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**How quickly does it work?**

- Botox takes time to work because it is changing your pain pathways. Don’t be discouraged if you don’t immediately feel better.
- Only half of people respond to the first injection. We recommend trying it at least 2-3 times before deciding if it is working.
- It can take up to 2 weeks to see an initial response. At first, the changes may be subtle like a decrease in migraine frequency, severity, or duration.

**What can I do after the Botox procedure?**

The Botox will be placed in an exact spot, but it can be moved to a wrong location if it is rubbed:

- No massages, exertional exercise, acupuncture, physical therapy for remainder of the day
- No rubbing your face for 24 hours, but you can lightly touch or wash if needed

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**BOTOX® Injection Sites**

*Injections are on both the right and left side of the head.

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**Good News**

- Not a pill
- No fatigue, nausea, or weight gain
- No drug interactions
- Minimal absorption into bloodstream

**Side Effects**

- Neck pain
- Droopy eyebrow/lid
- Headache or migraine
- Muscle stiffness, weakness