

## **Abdominal wall Botox injection**

Abdominal wall Botox injection is a medical procedure that involves injecting a medication called Botulinum Toxin Type A (Botox) into the muscles of the tummy wall. Botox works by temporarily blocking nerve signals to the injected muscles, causing them to relax.

### **Why do you need Botox?**

Repairing a complex abdominal wall hernia can be challenging and risky for both the patient and the surgeon and may involve various complications. We aim to achieve certain benefits by using Botox before the hernia operation.

1. Botox lengthens your tummy wall muscles, reducing the hernia gap by about 30 - 50%, making it easier to repair your hernia.
2. Reduce muscle tension after your surgery, lowering the risk of hernia
3. recurrence. 3. Known to reduce post-operative pain.

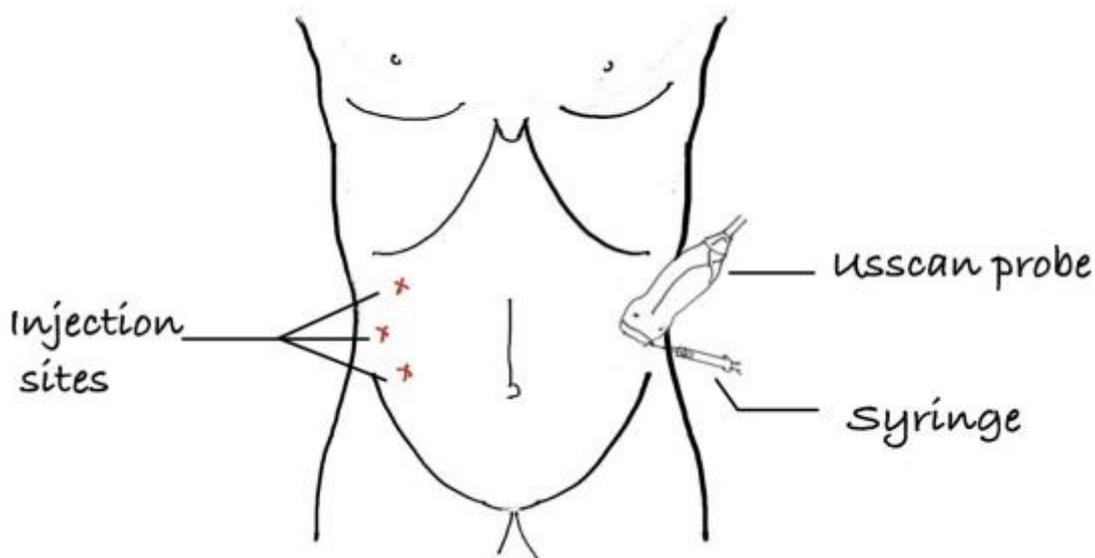
### **Before the Procedure**

Before undergoing an abdominal wall Botox injection, it is important to inform us if you have any medical conditions mentioned below.

1. Medical conditions resulting in muscle weakness, such as Multiple Sclerosis, Myasthenia Gravis, Bell's Palsy, Amyotrophic Lateral Sclerosis, Gehrig's disease, Lambert-Eaton syndrome.
2. Breathing disorders such as asthma or emphysema.
3. If you are taking medications such as Penicillamine, Aminoglycoside antibiotics or calcium channel blockers.
4. Bleeding disorders and if you have recently used a blood thinner (warfarin, Apixiban, and others)
5. If you have ever received other types of Botox injections such as Dysport or Myobloc (especially in the last 4 months); or If you have previously had side effects after receiving a Botox in the past.
6. If you are pregnant or breastfeeding.

## During the Procedure

On the day of the procedure, you will be asked to attend the radiology department of one of our hospitals. Before the procedure, you are expected to sign a consent form for this procedure. This procedure usually takes around 30 to 60 minutes, and this will be done under local anaesthesia. A small amount of Botox solution will be injected into your tummy wall using a thin needle, usually three injections on either side. Our radiologist will use an ultrasound scan to guide the needle into the muscle layers. After the procedure, you will soon be able to go back home.



## Risks and Potential Side Effects

While abdominal wall Botox injections are generally safe with no long-term harmful effects, there are some potential risks and side effects to be aware of:

1. Injection site reactions: These can include bruising, redness, pain, itching, or swelling at the injection site. These effects are usually temporary.
2. Allergic reactions: In rare cases, some individuals may develop an allergic reaction to Botox. Signs of an allergic reaction may include rashes, itching, difficulty breathing, or swelling of the face or throat. Seek immediate medical attention if you experience any of these symptoms.
3. Other side effects: Other rare side effects may include flu-like symptoms, headache, dry mouth, blurred vision, or fatigue. If you experience any unusual or persistent symptoms, contact your doctor.
4. You might notice some difficulty in coughing or pushing while on the toilet. If you experience this, place your hands firmly on your tummy to support the muscles whilst attempting to cough / push.

## When to Seek Medical Attention

Contact your healthcare provider if you experience any of the following after an abdominal wall Botox injection:

1. Signs of an allergic reaction (e.g., hives, itching, difficulty breathing, swelling).
2. Severe or prolonged pain at the injection site.
3. Hoarse voice, chest pain or irregular heartbeats.
4. Unexpected muscle weakness or paralysis in areas other than the intended injection site.
5. Any other concerns.

**What should I expect after the Botox Injection?**

Botox should allow your muscles to stretch from 48 to 72 hours after treatment, peaking at 7 to 14 days and lasting up to 2 months. It is advisable to avoid drinking alcohol, strenuous exercise, and air travel for 48hrs after your injections. After your Botox injections, we'll schedule your hernia surgery while the Botox is still effective in your system.

**Contact:**

If you need further information or advice, please contact your surgeon's secretary through the hospital switchboard at 01633234112

**“This document is available in Welsh /Mae’r ddogfen hon ar gael yn Gymraeg”.**