

# Botox Prior to Abdominal Wall Reconstruction

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## What is Botox?

Botox, also called Botulinum toxin type A, is made from the bacteria that causes botulism.

Botox injections work by weakening or paralyzing certain muscles or by blocking certain nerves. The effects last about three to twelve months.

Botox is a substance that is produced by a bacteria; it is then highly refined, purified, diluted and used in therapeutic doses.

## Why do we do it?

Repair of large complex hernias can be extremely challenging.

By injecting Botox before your surgery it will:-

- Lengthen the abdominal muscles therefore reducing the size of the hernia defect by (30 – 50%) allowing the surgeons to bring these muscles back to the midline
- Reduce muscle tension following your surgery (and for a further 2 months) reducing the risk of recurrence
- Help with pain relief following your surgery

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## Appointments

Initial Appointment	
CT Scan	
Pre-operative Assessment	
Botox	
Surgery	

## How do we do it?

You will be admitted to hospital as a day case.

You will be taken from the ward to theatre.

A very small amount of Botox (200u) is injected into the muscles around your abdomen. There are normally 10 injections (5 on each side). We use a very fine needle so discomfort is minimal.

### Common Botox side effects may include:

- Muscle weakness near where the medicine was injected;
- Bruising, bleeding, pain, redness, or swelling where the injection was given;
- Headache, tiredness, muscle stiffness, neck or back pain, pain in your arms or legs;
- Dry mouth, blurred vision;
- Increased sweating in areas other than the underarms; or
- Cold symptoms such as stuffy nose, sneezing, cough, sore throat, flu symptoms.

## Less common side effects include

**You must contact your doctor if you experience any of these side effects:**

- Unusual or severe muscle weakness (especially in a body area that was not injected with the medication);
- Trouble breathing, talking, or swallowing;
- Hoarse voice, drooping eyelids;
- Loss of bladder control;
- Eyelid swelling, crusting or drainage from your eyes, problems with vision;
- Pain or burning when you urinate, little or no urinating; or
- Chest pain, irregular heartbeats.

## Other information

To make sure Botox is safe for you, tell your doctor if you have:

- Amyotrophic Lateral Sclerosis (ALS, or "Lou Gehrig's disease");
- Myasthenia gravis;
- Lambert-Eaton syndrome;
- A breathing disorder such as asthma or emphysema;
- Bleeding problems;
- Heart disease;
- If you have recently used a blood thinner (warfarin, Apixiban, and others) or been treated with an injectable antibiotic;
- If you have ever received other Botox injections such as Dysport or Myobloc (especially in the last 4 months); or
- If you have ever had a side effect after receiving a Botox in the past.