

Botulinum Toxin Treatment

Information for patients



Leeds children's
hospital

caring about children

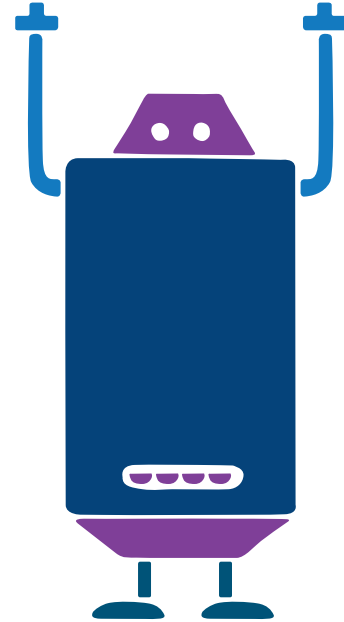
What is Botulinum toxin?

Botulinum toxin is a medicine used to help relax stiff muscles.

Why do I need Botulinum toxin?

Stiff muscles can make it difficult for you to move your arms or legs. This can often make joining in with activities more difficult. It can also make you trip over more often or make your splints or shoes uncomfortable. Washing and dressing can be harder. You may have muscle cramps and pain.

The medicine helps relax stiff muscles and makes these things easier.



What happens when I come to hospital?

You will come to the children's outpatient department with your family. The waiting area has lots of toys to play with until it is time for your appointment. The nurses will weigh you and check your temperature.

You and your family will go to one of the clinic rooms and meet the team (usually this is a doctor and a therapist). Sometimes there are trainee doctors / therapists in the room too, but if you don't want them there then this is fine.

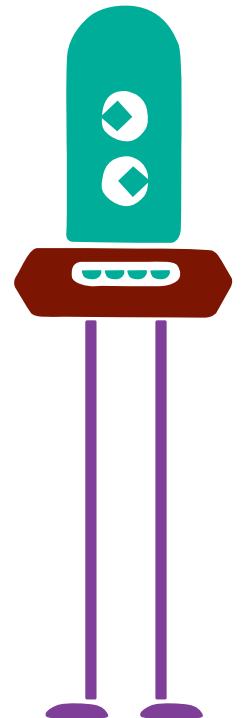
We will then ask you and your family questions about your muscles and how they affect you (for example moving around, dressing, handwriting pain, sleep).

After the questions, if you are able to, we will want to see your walking. **If you normally wear splints or use a special walker we would prefer to see you use them in clinic (so please don't forget to bring them with you). As we will want to see your legs, please bring some shorts with you.**

If you have any difficulties with using your hands or arms, we will use some toys and games to look at this in more detail.

We will then do some stretches on your legs and arms (which are usually the same as the ones you do with your own physiotherapist or at school).

All these things help the team decide if any of your muscles are stiff. If the team think that your stiff muscles are making things difficult for you they will talk to you and your family about Botulinum toxin medicine or other treatments and how these may help you.



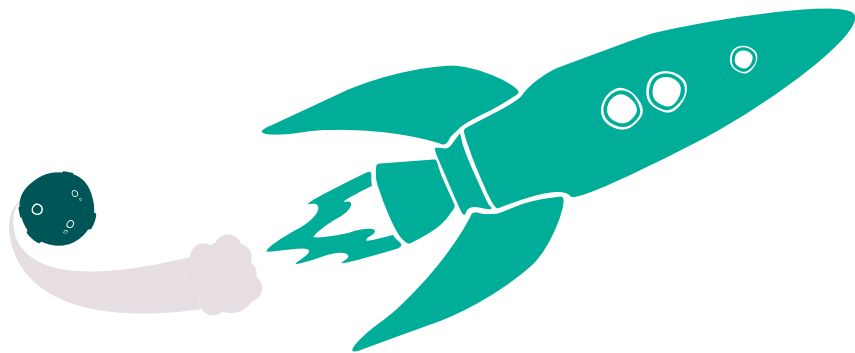
How do I have Botulinum Toxin Medicine?

One of the team will put some numbing cream on the places where the medicine will go. The cream takes one hour to work.

The nurse may teach you how to breathe in some special medicine through a mask that goes over your mouth just like a spaceman. This special medicine makes you feel relaxed and sometimes a little dizzy and giggly. If you can't use the space mask, the nurse will give you some medicine that makes you feel relaxed and sometimes sleepy.

Once the cream has made your skin numb the nurse will take you to one of the clinic rooms and ask you to start breathing in the medicine through the space mask if you can. The medicine can then be given to your stiff muscles using a very small, thin needle.

Sometimes we use a special machine called an ultrasound machine. This shows us a picture of your muscles to help see where the medicine is going. If we are using this machine we will let you have a look at the pictures if you want to.



Is it safe?

Yes. We use Botulinum toxin treatment for many children and we hardly ever have any problems afterwards. The team will talk to you and your family about the risks but they are very rare and usually only last for a short period of time.

Does it hurt?

The cream and the medicines we use should make the injections as painless as possible. Sometimes you can feel a little scratch but it only lasts a few seconds.

Most children say that it isn't as bad as they thought it was going to be.

How long does the Botulinum Toxin work?

It usually takes about two weeks for the Botulinum toxin to start making your muscles less stiff. How long it works for can vary, but this is usually between 3 to 9 months.

When can I go home?

If you have been using the mask and medicine you breathe in, you can usually go home about 10 minutes after the injection.

If you have the other medicine, you have to wait in one of the clinic rooms with your family until the effects have worn off. This can sometimes take about one hour. The nurse will keep coming in and checking on you and will tell you when you can go home.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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