Botox Injections Prior to Abdominal Wall Reconstruction

What is Botox?

Botox is a highly refined and purified medical product made from the bacteria *Clostridium botulinum*. The dose used is extremely low and has virtually no risk of causing botulism poisoning. It temporarily weakens the muscles for three to four months.

What does the procedure involve?

The botox is given by an injection into the muscles of your abdomen. You can expect to receive injections in up to 6 sites in your abdomen (as marked in red on below diagram). The injection is a simple process without the need for a general anaesthetic i.e. you will be awake for the procedure. It takes around half an hour to perform.

Ultrasound guided injection into 3 muscle layers of abdomen

Site of injections

Needle

Ultrasound



Abdominal wall

You will be admitted to the surgical day unit and prepared for the procedure, including wearing a surgical gown to allow ease of access to your abdomen and your comfort. The anaesthetist performing the procedure will come and see you, discuss the procedure and gain your informed consent.

You will come to the recovery area of theatre suite to have the procedure in a safe environment. An ultrasound machine is used to identify the muscle layers and the optimal sites for the botox injection. There will be some local anaesthetic injected under the skin to reduce discomfort. The botox is then injected into the muscles under direct vision on the ultrasound machine in a safe, controlled manner. You may experience some discomfort but it is easily tolerated.

As soon as the injections are done, you will return to the surgical day unit and may go home soon after. Paracetamol and / or Ibuprofen can be taken to relieve any minor discomfort following please make sure you have a supply at home in case they are needed.

Why is Botox used?

Botox causes the abdominal muscles to ‘relax’, allowing the surgeons to bring these muscles back to the middle of your abdomen more easily during surgery and reduces the risk of recurrence of your hernia. The reduced muscle tension also improves pain following your surgery.

What are the side effects?

It is possible to get swelling or bruising at the injection site which may cause some temporary mild discomfort easily treated with mild pain killers.

Serious side effects are very rare given the extremely low dose of botox used.

You will be able to return to usual activity immediately after your injections. As the muscles of your abdomen relax you may find it protrudes more making your clothes feel tighter. You may notice the weakening of the abdominal wall muscles causes some difficulty in coughing or ‘pushing’ while on the toilet. This can be helped by placing hands firmly on your abdomen to support the muscles whilst attempting to cough / push.

# Is there anything important I should tell the doctor prior to the procedure?

Please inform the doctor if you have any medical problem that causes weakness of the muscles. These include:

* Multiple sclerosis
* Myasthesia gravis
* Lamber-Eaton syndrome

Please inform the doctor if you take any of the following medications

* Gentamicin
* Tobramycin
* Amikacin
* Neomycin
* Streptomycin

# Planning in advance

## Let us know if you can’t make it.

If you are unable to attend for your appointment date it is important that you inform us as soon as possible. This will allow us to re-arrange your appointment and allocate the theatre space to another patient. Please call 0344 811 8111 to re-arrange.

## Knowing what time to come in

Your session and admission time will be provided within your admission letter. You will be allocated to either a morning or an afternoon time and the time you are given is your admission time to the surgical day unit not the time of the procedure. Your procedure could be at any point during that morning or afternoon theatre session. Surgical day unit opening hours and telephone numbers are at the end of this document.

## Knowing where to go

Prior to you coming in it will be helpful if you know where the unit is situated. You will find details of the location of where your procedure will take place in your admission letter. There is also information about each hospital site, including directions and car parking, on the trust website under ‘Our locations’ (www.northumbria.nhs.uk). However, if you are still unsure please do not hesitate to contact the unit directly.

## Ensure everything at home is in place

It is likely you will spend most of the day with us and so you will need to make the necessary arrangements for any home or work commitments you may have, e.g. family, pets

# On the day of procedure

## Bathe and shower

Please have a shower or a bath prior to coming in for your surgery.

## Shaving

It is not necessary to shave hairs away from the area of the injection.

## Food and drink

You may eat and drink as you wish. You will be provided with water on the surgical day unit. It is important to maintain your hydration.

# What to bring

## Medicines and allergy treatments

Take all your usual medication unless otherwise advised. Please inform staff of any allergies you may have and bring a list of these with you in case you forget their names.

## Clothes

If you are at North Tyneside and have them, please bring a dressing gown and slippers to wear on the day unit and for walking to the operating theatre suite. This is not necessary at other sites as the day unit is attached to theatre complex. It is important that you wear comfortable, loose fitting clothing to reduce discomfort from the site of your procedure.

## Something to occupy your time

The order of patient treatment in theatre is prioritised by an anaesthetist according to patient and theatre factors. Dependent on your place on the list, you may have a few hours free time prior to your surgery. Please feel free to bring reading materials or something similar to occupy your time.

## Leave valuables at home

Please try to avoid bringing anything of significant value as the trust does not accept responsibility for any such items. Mobile phones can be used for essential calls and should be left on silent at all times.

## Contact number

Please bring the contact number of whoever will be picking you up.

# Getting home

## Arrange for an adult to collect or accompany you home

Once discharged from the surgical day unit, it is recommended to have someone to take you home. Please have the contact number of the responsible person who will be taking you home so that we can contact them if necessary.

## When you get home

As long as you have not had any sedation, you do not require an escort home or supervision. Drink plenty of fluids and eat light meals.

## Follow up outpatient appointment

If you need an outpatient appointment after your procedure, this will be arranged and you will receive an appointment date and time in the post.

If you have any queries, or seek any advice before or after your day surgery please do not hesitate to call the day unit you were admitted to.

If you need simple advice that cannot wait until the day units are open then please contact:

Ward 7

North Tyneside General Hospital

0191 2934364

**North Tyneside General Hospital**

Rake Lane, North Shields, NE29 8NH

Monday to Friday, 7:30am - 8pm

0191 2932548

**Wansbeck General Hospital**

Woodhorn Lane, Ashington, NE63 9JJ

Monday to Friday, 7:30am - 8pm

01670 564169

**Hexham General Hospital**

Corbridge Road, Hexham, NE46 1QJ

Monday to Friday, 7:45 am - 8pm

01434 655317

**Alnwick Infirmary**

South Road, Alnwick, NE66 2NS

Monday to Friday, 7:30am - 8pm

01665 626791