

Botox for Migraine

Botox (onabotulinumtoxinA) is a safe treatment that helps prevent headaches in patients with a diagnosis of **chronic migraine**. It can help reduce migraine **frequency, severity, and duration** over time.

◆ How Botox Works

- Botox works by relaxing tense muscles and reducing pain chemicals that are released during migraine attacks.
- Can also target other conditions that worsen migraine, such as muscle tension, bruxism or jaw clenching, TMJ, or trigeminal nerve pain.
- It is safe to use alongside other medications and other migraine treatments.

◆ Potential Side Effects

Side effects are uncommon and usually mild and temporary:

- Soreness, small bruises, or swelling at injection sites
- Headache for 1–2 days after treatment
- Neck pain or heaviness
- Temporary eyelid or brow drooping
- Smoother forehead lines (often appreciated!)

Very rare but serious reactions—such as difficulty swallowing or breathing—require immediate medical attention.

◆ What to Expect

Your clinician will create a personalized injection plan based on your migraine history and symptoms.

■ Procedure

- Skin is cleaned and disinfected
- A thin needle delivers **31 small injections** across **7 areas** of the head and neck
- Injections are shallow—just beneath the skin and into the muscle
- Sensation feels like quick pinpricks; numbing cream is available if needed
- Total visit time: **15–20 minutes**
- Most normal activities can be resumed right away

■ Results

- Effects begin **10–14 days** after each session
- Full benefit often builds over **2–3 treatment cycles** (6–9 months)
- Many patients experience **8–9 fewer headache days per month** with regular treatment

■ Follow Up

Repeat injections **every 12 weeks** for continued benefit. Keeping a migraine diary helps track progress.