

Botulinum Toxin Injections for Cervical Dystonia

Botulinum toxin is used to treat many movement disorders such as cervical dystonia.

Cervical Dystonia

This disorder causes muscle spasms in the neck muscles with twisting or tilting of the head. It also decreases your range of motion in the neck. This can last for more than 6 months.

Monitoring

You will need to stay at the clinic for up to 30 minutes after your injection to watch for side effects.

Home Care

Some patients may have weakness in their neck or arms after treatment. You may feel sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice, if needed, to the site. Place ice for 20 minutes on and 20 minutes off to decrease pain. You may use heat after 24 hours, if needed.

Your pain may go away right away or it may take several days. There may be a time when you feel like you have more pain. This is called a pain flare. If this happens, limit your activities for the first 24 hours and do things that don't cause pain. Keep taking your pain medicine as directed. You may return to your normal routine as soon as you are able.

Side Effects

Most patients do not have any problems after treatment. There is a slight risk of infection or bleeding at the injection site. There is also a slight chance of neck or shoulder pain.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7950.

Rarely the botulinum toxin can spread to other muscles and cause temporarily weakness of neck muscles. This weakness is usually mild and improves over time.

Signs of Infection

- Fever over 100.4° F for 2 readings taken by mouth, 4 hours apart.
- Increased redness, swelling around the site.
- Any drainage from the site.

Future Treatments

Injections may be repeated in 3 months. Then, they may be repeated every 4 months.

When to Call

- If you have any problems or concerns **the day after the procedure**, call Madison Surgery Center.
- **For new symptoms or signs of infection** call your doctor listed on the After-Visit Summary.
- To discuss the next steps in your plan of care, contact the doctor that **ordered** your procedure. Your doctor should have the report in 7-10 days.

Who to Call

Madison Surgery Center (6 am-5 pm)
608-287-2200

After hours, please contact the ordering doctor's clinic or the clinic that performed the procedure. Tell the receptionist you had a procedure that day and need to see your doctor.

For **emergencies**, please visit your closest emergency room.

