

# Botulinum A for Migraine

Patient Information Booklet



## What is Botox for Migraine?

Onabotulinum-A (Botox) is an FDA-approved treatment for chronic migraine, which is defined as having 15 or more headache days per month, with each headache lasting 4 or more hours.

## How Does It Work?

Botox helps reduce migraine frequency by blocking nerve signals that trigger headaches. It is injected into specific muscles around the head, neck, and shoulders to relax muscles and reduce pain signaling.

## Who is Eligible?

You may be a candidate for Botox if you:

- Have chronic migraine ( $\geq 15$  headache days/month)
- Have tried other preventive treatments with limited success
- Do not have contraindications such as neuromuscular disorders





## What to Expect During Treatment

- The procedure takes 15–20 minutes.
- 31 small injections are given across key areas in the forehead, temples, back of the head, neck, and shoulders following the PREEMPT protocol.
- A fine needle is used, discomfort is minimal.
- No anesthesia is needed, and you can resume normal activities immediately.

## After the Procedure

- Some patients experience mild swelling or soreness at injection sites.
- Results take 7–14 days to become noticeable.
- Maximum benefit is seen after 2-3 treatment cycles.
- Injections are repeated every 12 weeks for long-term migraine prevention.



## Benefits of Botox for Migraine

- Reduces migraine frequency (up to 50% fewer)
- Decreases migraine severity and need for acute medications
- Improves daily function and quality of life

## Possible Side Effects

- Mild pain or bruising at injection sites
- Temporary neck pain or stiffness
- Rare: Eyelid drooping, muscle weakness, or flu-like symptoms

