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## **NURSING DISCHARGE HOME CARE INSTRUCTIONS** **BOTOX INJECTION INFORMATION SHEET**

**Botox** is the name used for **botulin toxin**, which is used to relax vocal cords in Spasmodic Dysphonia. This is done by injection into involved cords through the neck. This is usually done with out local anesthesia. Electromyography, which indicates muscle action, is monitored during the injection.

### **GENERAL INSTRUCTIONS**

1. **Do not take aspirin or aspirin containing products**, any form of ibuprofen, anticoagulation medications, or vitamin E for **one week prior** to your appointment.
2. On your first visit, **please have someone accompany you.**
3. **Wear an open neck style top** – No tight necks or turtlenecks please.
4. **No necklaces or jewelry** around the neck.
5. **Positioning in the exam chair is flat on your back** with a pillow under your knees.
6. **After the injection**, you will more than likely have a **weak breathy voice**, this is a **normal response**. The **length of time** it lasts **varies** and is **unpredictable**. It may be from several **days** up to **three months**.
7. DURING THE BREATHY PERIOD **SWALLOW LIQUIDS VERY CAREFULLY AND TAKE SMALL BITES AND CHEW FOOD WELL BEFORE SWALLOWING.**
8. Please **call** the office **three to five days after** your procedure to report your results.
9. Do not hesitate to call 708-216-9183, if you have any questions or concerns.