



Connecticut Pain Solutions

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DISCHARGE INSTRUCTIONS BOTOX/DYSPORE INJECTION

Botox/Dysport Injections allow therapy to be targeted to specific problem muscles, not possible with existing medications. Botox/Dysport can be used to reduce muscle tension involved with chronic headaches, neck aches and back pain. It can also be used to reduce spasticity or excessive muscular contractions to relieve pain, assist in posture and walking, and allow increased range of motion.

Plan to spend a quiet day and evening after the procedure. **DO NOT** try to do things you were unable to do before the procedure.

You may experience an increase in pain or pressure for 1-2 days after the injection. You should notice a decrease in your pain in approximately 3-5 days. However, some people do not experience pain relief for 10-14 days.

You should be using a heating pad or ice pack for any increased discomfort. You may alternate between heat and ice. Be sure to leave the heating pad or ice pack on for 15 minutes each time, waiting an additional 15 minutes before using it again. **DO NOT SLEEP WITH HOT OR ICE PACKS.**

If you have any problems or questions, please call our office at (203) 626-9080. The office hours are Monday through Friday from 9:00 am to 5:00 pm.

In the event of an afterhours emergency related to your procedure, please call (203) 626-9080 and follow the instructions for contacting the on-call physician. Only emergency phone calls will be returned afterhours. Under no circumstances will prescriptions be refilled or changed.