


# Botulinum Toxin Treatment for Squint

Information for patients


## Maidstone Orthoptic Clinic

 01622 226236

## Medway Orthoptic Clinic


 01634 830000 ext 5792

## Pembury Orthoptic Clinic

 01622 228218 – For appointments

Email: [mtw-tr.PemburyOrthoptics@nhs.net](mailto:mtw-tr.PemburyOrthoptics@nhs.net)  
for non appointment enquiries only

## Sittingbourne Orthoptic Clinic

 01795 418300  
ext 2045 Monday ext 2051 Thursday

Your doctor has arranged for you to have botulinum toxin treatment for your squint. This leaflet gives you information about the treatment and what to expect after the injection.

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## What is botulinum toxin?

Botulinum toxin is a substance which temporarily paralyses the injected muscle.

## Why do I need botulinum toxin?

The principle of this treatment for squint is to temporarily paralyse one eye muscle in order to re-balance the two eyes and make them straighter.

The injection may be performed prior to squint surgery as a test to see if there is a risk of double vision after surgery.

## How long does the paralysis last?

The injection takes two to four days to take effect. The paralysis lasts up to three months. It will gradually wear off during this time although it can have a residual small effect after this.

## What is the procedure?

- No special preparation is required before the procedure.
  - On arrival at the clinic you will be assessed by an Orthoptist who will re-check the measurement of your squint.
  - You will then be seen by a doctor who will explain the botulinum toxin treatment and answer any questions you may have; you will be asked to sign a consent form.
  - Your eye, and skin over the eye muscles, will be numbed with local anaesthetic drops before the procedure.
  - The site of the injection is carefully monitored by recording the activity of the muscle using electrodes placed on your forehead. This enables us to accurately control the site of the injection into your eye muscle. The machine makes a noise to indicate the muscle has been found. You will then need to lie still on a chair for a couple of minutes while the injection is given.
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- After the injection you will not need to wear an eye patch. You will be asked to sit in the orthoptic department waiting area for five to ten minutes, where a drink of water will be available for you, to ensure you are fit enough to travel home.
  - Please take care to avoid scratching or rubbing the eye after your injection as the local anaesthetic drops take approximately one hour to wear off. It is advisable to bring a pair of sunglasses with you. You will be given eye ointment to use to in case the eye becomes uncomfortable.
  - We will need to see you two to three weeks after the injection, to assess the effect of the botulinum toxin injection. If the injection needs repeating, this will be arranged at your next appointment.
  - Please allow for most of the afternoon to be spent in the clinic.

### **Will I be able to drive home?**

It is not advisable to drive after your injection, so it is a good idea to make arrangements for somebody to collect you, or to accompany you. You should be able to drive the next day, unless you are experiencing double vision.

### **Are there any side effects?**

The treatment is perfectly safe and there is no risk to your general health. However, there are occasional local side effects:

- Temporary double vision, drooping of the upper eyelid or slight redness to the surface of the eye.
  - Rarely the double vision can cause problems with driving or work so it may be necessary to wear an eye patch temporarily to help with this.
  - The eye may feel a bit sensitive or bruised.
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The consultant will explain the risks and side effects to you before you are asked to sign the consent form. Most of these side effects resolve fairly quickly but if you have any concerns following the injection, please contact Maidstone Orthoptic Department.


### Will I need any time off work?

You will be able to return to work the following day unless advised otherwise by the consultant.

Your treatment will be carried out within the Eye Department.

### Further information and advice can be obtained from:

**NHS 111**  
**NHS Choices online**






 **111**  
[www.nhs.uk](http://www.nhs.uk)

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### Patient Advice and Liaison Service (PALS)

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are Monday to Friday 10.00am to 4.00pm. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

PALS Maidstone Hospital  
PALS Tunbridge Wells Hospital  
PALS Email  
PALS SMS  
PALS Maidstone Fax  
PALS Tunbridge Wells Fax

 01622 224960  
 01892 632953  
[mtwpals@nhs.net](mailto:mtwpals@nhs.net)  
 07747 782317  
 01622 224843  
 01892 632954

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