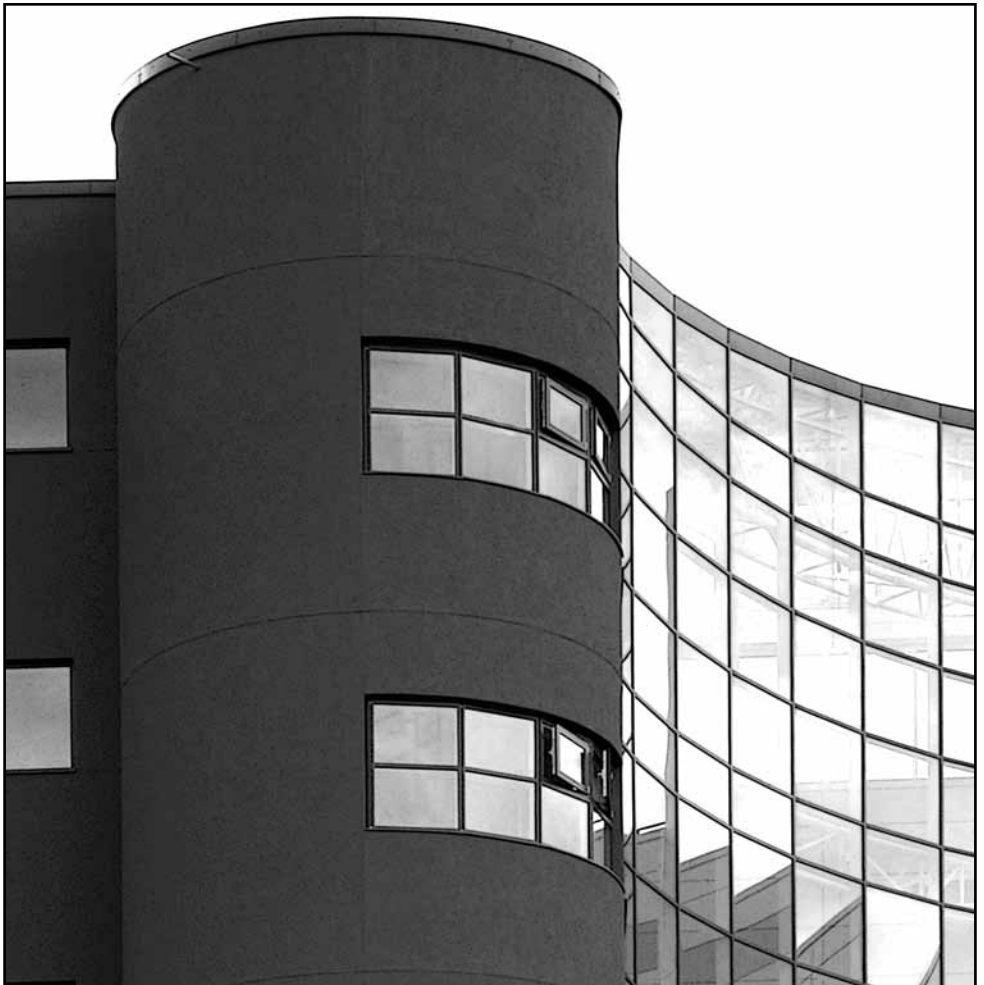


Oxford Eye Hospital

Botulinum toxin follow-up clinic for
the treatment of blepharospasm and
hemi-facial spasm
Information for patients



What is blepharospasm?

Blepharospasm is involuntary eye closure caused by spasm of the muscles surrounding the eyes. A 'tic', twitching, or frequent blinking is typical, sometimes with complete closure of the lids.

The severity of blepharospasm varies. It is usually better in the morning, becoming worse later in the day. Bright light, walking, driving, worry or stress makes it worse. It usually develops gradually over a few years. The cause is not known, but it's thought to be caused by an abnormality or damage in the area of the brain dealing with the control of movement.

What is hemi-facial spasm?

Hemi-facial spasm is a condition where muscles on one side of the face twitch or flicker, often starting around the eye. The twitching can then spread to other muscles, involving the mouth and neck. The condition tends to become worse with tiredness or stress. The cause of hemi-facial spasm is thought to be irritation of the facial nerve due to pressure from a blood vessel.

Treatment with botulinum toxin

Botulinum toxin injections are given in tiny doses, just under the skin in the affected areas. The effect of the treatment is to weaken the muscles responsible for the contractions. This provides relief for approximately three months, so a regular programme of treatment is required.

Botulinum toxin follow-up clinic

This outpatient clinic is for patients who are already established on treatment and who would like the flexibility of being able to request follow-up treatment when they feel they need it. The clinic is run by a specialist nurse practitioner at the Eye Hospital and is held on the first and third Tuesday of each month.

The purpose of the clinic is to improve the service to our patients by:

- reducing waiting times in clinic
- making it easier for you to get an appointment
- providing continuity because you will always see the same specialist nurse

- giving you information and support via the helpline
- counselling

To book an appointment

After your initial consultation with the doctor and when you have had your first treatment, you may book a follow up appointment for assessment and repeat treatments as required. Sister Alexina Fantato is available to answer any queries via the helpline.

Alexina Fantato

Tel: Oxford (01865) 231053 (Helpline)

Nurse-led Botulinum Toxin Clinic

Outpatients Department

Oxford Eye Hospital

Level LG1

West Wing

John Radcliffe Hospital

Further information

The Dystonia Society website has more information about this treatment:

<http://www.dystonia.org.uk/about-dystonia-page6792.html>

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

Sister Alexina Fantato, Nurse Specialist
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