

Patient information for post Botulinum Toxin Type A treatment

These instructions are given to you to prevent complications from your procedure. Please read and follow them carefully.

Seek immediate medical care if:

- Swallowing, speech or breathing disorders arise

Possible side effects include:

- Pain, tenderness and/or bruising at the site of injection
- Increased sensitivity to touch or pain
- Malaise (generally feeling unwell), lasting up to six weeks after injection with Botulinum Toxin Type A
- Weakness

Less commonly reported side effects:

- Fever
- Flu syndrome
- Joint pain
- Nausea
- "Pins and needles"
- Itching
- Lack of coordination

In rare cases:

- Changes in the way the heart beats
- Chest pain
- Skin rash
- Allergic reaction
- Anaphylaxis
- Cardiovascular events
- Seizures

There is a remote risk of distant toxin spread, which:

- Can include muscle weakness, swallowing difficulties, aspiration pneumonia, speech disorders and breathing problems.
- In very rare cases can be fatal

For any unexpected effects while taking Botulinum Toxin Type A contact your doctor.

Please call the clinic at 416-243-3721 during normal office hours to schedule your next appointment if not already arranged.

ADDITIONAL INSTRUCTIONS:



CLINIC CONTACT AND REFERRAL INFORMATION

Tel: (416) 243-3721 Fax: (416) 243-3907

Contact our clinic to obtain a referral form and have the completed form faxed to us.

DIRECTIONS/PUBLIC TRANSPORTATION

Information or Directions: (416) 243-3600, ext 2980

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222

OTHER CONTACT INFORMATION

Foundation (for charitable donations): (416) 243-3698



82 Buttonwood Avenue, Toronto, Ontario M6M 2J5
tel 416.243.3600 fax 416.243.8947
www.westpark.org



Spasticity Management Clinic

Assessing and treating spasticity through an inter-professional team approach



About spasticity

Spasticity is a common and debilitating condition experienced by patients who suffer from multiple sclerosis, spinal cord injury, cerebral palsy, acquired brain injury, stroke or other neurological conditions.

Spasticity may be painful, especially if it pulls joints into abnormal positions or prevents a normal movement of the joints. Spasticity may range from slight muscle stiffness to permanent shortening of the muscle.

Spasticity may affect any muscle group, but commonly appears in one or both arms, or the legs and can affect a person's ability to dress, eat, or write. It can interfere with balance, the ability to walk, position in bed, sitting, or standing.

Spasticity presents major personal and economic challenges to individuals, community-based caregivers, institutions and the healthcare system as a whole.



How the Comprehensive Spasticity Management Clinic can help manage spasticity

Our team will assess and treat the complex problem of spasticity

About us

West Park's Comprehensive Spasticity Management Clinic is the largest adult spasticity program in the country and features leading experts in spasticity management.

The clinic provides a full range of specialized, interdisciplinary care for adults with spasticity that helps ensure optimal outcomes. It also provides many opportunities for research and education that will advance spasticity management in communities across Canada and beyond.

The clinic is designated as a centre for the training of physicians in spasticity management nationwide, and also provides valuable patient and caregiver education to support independent and productive living in the community.

Goals in the treatment of spasticity

- Relieve the signs and symptoms of spasticity
- Reduce pain, frequency of spasms, or irritating stimuli
- Improve gait, hygiene, activities of daily living, or ease of care
- Reduce problems with passive function, that is, the functions provided by the caregiver, such as dressing, feeding, transfer, and bathing
- Improve voluntary active motor function, such as reaching for, grasping, moving, and releasing an object

Our treatment approach

Our treatment approach includes the use of:

- Medical assessment and treatment
- Physiotherapy and occupational therapy
- Splinting and serial casting
- Pharmacotherapy (i.e. Baclofen, Dantrium, Tizanidine)
- Neuromuscular blockade (i.e. Botulinum Toxin)

What to expect during your appointment

Whether you are a new or returning patient, please schedule to be at our clinic 10 minutes before your appointment. This will allow some time for our check-in procedures and some time for you to complete certain paper work.

Plan to be at the clinic for approximately 90 minutes.

During your appointment you are likely to be seen by a variety of members of our team. Our approach consists of comprehensive evaluation and treatment options. You will receive support from our nurse, therapy staff and your physician as part of your treatment.

Our hospital is involved in teaching practitioners and students of medicine, nursing and other health professions. You may be asked for permission to allow these individuals to be present during your clinic appointment.