

Migraine Injections

Injections to prevent headaches and reduce distress for people with chronic migraine

What are Migraine Injections?

Anti-Migraine Injections are non-surgical treatments that can prevent headache in people living with chronic migraines.

Botulinum Toxin blocks the chemical messaging between nerves and muscles. It can prevent the signals that trigger a migraine, relax the muscles around the head, and block pain messages from the nerves.

The specific mechanism with which the injections work in migraine is not fully understood. However, research shows that regular treatment can reduce the number of headaches for people affected by this challenging condition¹.

When precisely injected by an experienced professional, Botulinum Toxin can be an effective, non-invasive way of treating chronic migraine and preventing headaches.

Why have Migraine Injection?

The pain, nausea, and auras of migraines are distressing, debilitating, and can affect quality of life. Chronic migraines can make it difficult to work, play, and live life to the full.

Acute, intermittent migraines can usually be managed with medication. However, people with frequent, recurrent attacks need preventative treatment. If your medication is not controlling your migraines, or if you can't tolerate the side-effects, Anti-Migraine Injections can provide relief.

What happens in Migraine Injections?

One of Bella Vou's migraine specialists, Dr Mark or Dr Uma, will discuss your migraines, your lifestyle, and the treatments you have tried to control your headaches. They will then plan the areas to target.

The doctor carries out treatment as an outpatient procedure. Numbing cream and soothing ice packs will be applied forty-five minutes before treatment to reduce discomfort.

The procedure involves multiple microinjections around the head and the back of the neck. Injections are precisely targeted into the muscles in up to thirty-nine sites, to block the nerves and reduce the incidence of migraines.

How long is recovery from Migraine Injections?

¹ <https://www.nhs.uk/news/medication/botox-gets-nod-for-migraine/>

You will be able to get on with your usual activities immediately following the procedure. There may be some small bumps or a little bruising. However, the effects of treatment are usually discreet and unnoticeable.

The effects of Migraine Injections are not immediate. They will take several days to have an impact, and the full results can take two weeks or more. Bella Vou will arrange a follow-up appointment after three weeks. Your consultant will check the results, ask you if you have any problems, and may give you further injections if necessary.

Treatment is temporary. You will need repeat injections every twelve weeks for continued effective migraine prophylaxis.

Quick glance guide to Migraine Injections

Procedure Time: 30 minutes

Recovery: There is no downtime following the procedure

Anaesthetic: Topical anaesthetic cream

Hospital stay: No

Treats: Chronic migraine

Why choose Bella Vou for Migraine Injections?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and wellbeing. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled staff is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Migraine Injection journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss your migraine, the treatments you have tried and why you would like Botulinum Toxin Injections.

Bella Vou will always give you an honest and impartial professional opinion. Leading aesthetic surgeon Mr Amir Nakhdejvani says:

'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Preparation for Migraine Injections

Careful preparation before Migraine Injections can reduce bruising and improve recovery. You should avoid alcohol for a day before treatment, and it's sensible to postpone treatment if you are going to be on your period.

Tell your doctor if you are on any medication. It's essential to stop any herbal medicines for one week before injections. Blood-thinning treatments, including aspirin and ibuprofen, can cause bleeding and bruising. They should be stopped a week before the procedure. Talk to the specialist or your GP if you are concerned.

What happens during Migraine Injections?

Migraine Injections are an outpatient procedure. An anaesthetic is often not necessary, but the Bella Vou team will offer you a topical numbing cream forty-five minutes before treatment.

The doctor will inject the Botulinum Toxin in a series of targeted microinjections through a fine needle. The injections are quick, and any discomfort is usually minor and short-lived.

Recovery from Migraine Injections

After the procedure, most people can go home and get on with normal activities. The staff at Bella Vou will be on hand to offer you refreshments and provide advice on aftercare.

You should avoid strenuous activity and alcohol for twenty-four hours following the injection. Don't worry if the effects are not immediately apparent. It takes around five days for the injection to have an impact, and the full results may not be noticeable for three weeks.

You will have a follow-up appointment after three weeks to review and fine-tune the results. However, the team is always available if you have any questions or concerns.

FAQs

Are there any side-effects from Migraine Injections?

In experienced and skilled hands, Migraine Injections are safe, and side-effects are few. Your consultant will discuss all the potential risks and benefits before treatment.

Some bruising or swelling can occur after injections. The injections can reach more muscles than intended. Excess activity or alcohol consumption can contribute to this in the first twenty-four hours after treatment.

People who have had repeated injections can develop antibodies that stop the toxin from having any effect. Very rarely, an allergic reaction could occur.

Can anyone have Migraine Injections?

Migraine Injections are generally safe. However, some people need to take care. If you are known to have an allergy or if you have myasthenia gravis or a similar neuromuscular condition, you should not have this treatment. You should also avoid treatment if you are pregnant or breastfeeding.

Can I have injectable treatments if I'm pregnant?

If you are pregnant, you should avoid Migraine Injections. Although it is a very small concentration and injected locally, there is a theoretical possibility of the medications being absorbed into the bloodstream. Therefore, the doctors at Bella Vou advise against treatment if you are pregnant.

The clinic will ask you to sign a form before your treatment that will specify if you are pregnant or not.

Are there any DOs and DON'Ts after Migraine Injections?

Bella Vou has put together a handy list of DOs and DON'Ts to help you have a safe and healthy recovery:

| DOs | DON'Ts |
|---|---|
| Drink lots of water | Drink alcohol; it can increase the swelling and bruising. |
| Sleep with your head elevated on a couple of pillows. | Lie down or go straight to bed. The toxin can theoretically trickle to other muscles. |
| Avoid hot drinks straight after for a couple of hours; this can dilate the blood vessels and result in more bruising. | Do heavy exercise or go to the gym on the same day. This can increase blood pressure and subsequently cause more bleeding and bruising. |

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| Use cold packs on the injection sites to minimise the amount of swelling and bruising. | Rub or massage the areas that have been injected. |
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Do injections hurt?

Your doctor can apply a topical anaesthetic cream to numb the skin. However, the injections only sting a little, for a short time, so many people choose to have treatment without any anaesthesia.