

## Botox treatment at an X-ray unit before hernia surgery

You have been diagnosed with a hernia and repair surgery has been scheduled for you.

Before the surgery, you will be given botulinum toxin a.k.a. Botox to the abdominal muscles under X-ray guidance.

The treatment is done at an X-ray unit. The aim is to temporarily weaken the oblique abdominal muscles 2 to 4 weeks before the operation. This will make it easier to perform the hernia surgery.

**Please register at the X-ray unit 15 minutes before your scheduled procedure time.**

Reserve about an hour for the entire visit. The procedure usually takes 20 minutes.

Patients who need urgent examination may be examined before you.

Please see the arrival instructions for contact information, if you have any questions about the procedure.

If blood samples have been requested for you, please visit the laboratory 2–7 days before the procedure.

### **Before the procedure**

You do not need to prepare for the procedure.

### **During the procedure**

You will need to remove your shirt for the procedure. During the procedure, you lie on your back or slightly on your side on the examination table.

A radiologist will use ultrasound to find your oblique abdominal muscles and inject Botox into them with a thin needle.

You will receive 6 injections in total, 3 to the right and 3 to the left side.

The small injection holes will be covered with bandages.

The muscle-paralyzing effect of Botox starts gradually and is at its strongest at the time of your planned surgery.

## **After the procedure**

- Keep the injection sites dry for 1 day following the procedure.  
Do not shower, swim, or have a sauna, for example.
- Remove the bandages 1 day after the procedure.
- Avoid physical strain for 1 day.  
For example, do not go to the gym or carry heavy groceries.

## **Other things to note**

You will not be charged for the procedure separately.

Cancel the appointment if you cannot come. If you do not cancel, you may be charged a fine.