



Botox® Treatment for Chronic Migraines

Botox® (onabotulinumtoxinA) is an FDA-approved treatment designed to help prevent chronic migraines. It calms overactive nerves and blocks pain signals before they reach the brain. Many patients experience fewer migraines, less severe symptoms, and an improved quality of life. Botox may be recommended if you experience 15 or more headache days per month.

How Botox Helps Relieve Migraines

During a migraine, certain nerves become overactive and send pain signals to the brain. Botox interrupts this process by blocking the release of pain-triggering chemicals. This allows the nerves to relax, which can reduce how often migraines occur and how intense they feel.

What to Expect From Treatment

Botox for migraines is a quick, in-office procedure that typically takes 15 to 20 minutes. Your provider will administer 31 small injections into specific areas of the forehead, temples, back of the head, neck, and shoulders. Treatments are usually repeated every 12 weeks, depending on your response and provider recommendations.

Preparing for Your Appointment

Wear comfortable clothing that allows easy access to your neck and shoulders, and avoid wearing makeup on the day of treatment. Be sure to tell your provider about all medications and supplements you take. Plan for light activity afterward in case you experience mild soreness or fatigue.

After Treatment: Important Guidelines

To ensure the best results, avoid lying down for four hours after treatment. Do not exercise, sweat, rub, or massage the treated areas for 24 hours. Avoid hair dye or chemical hair treatments for 24 hours before or after your appointment.

Possible Side Effects

Side effects are usually mild and temporary. They may include neck stiffness, mild headache, injection-site soreness or bruising, flu-like symptoms, or temporary cosmetic changes. Contact your provider if you experience significant discomfort.

When Will I Notice Results?

Many patients begin noticing improvement within one to two weeks. Maximum benefit may take two to three treatment cycles. Results typically last 10 to 12 weeks.

Long-Term Migraine Management

Botox can be safely used long-term and may be combined with other migraine treatments. Your provider will personalize your treatment plan based on your response and symptom improvement.