

**Meet  
Qi Zhang,  
MD**



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- Specialty** Anesthesiology and Pain Management
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Strong Memorial Hospital  
(Rochester, NY)  
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Pain Management

**Facts About BOTOX**

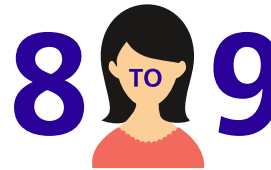
BOTOX is the **1st & only** FDA-approved treatment for chronic migraine that prevents headaches and migraines before they even start.



BOTOX is a preventive treatment that's injected by a specialist **every 12 weeks.**



BOTOX prevents **on average 8 to 9** headache days and migraine/probable migraine days a month (vs 6 to 7 for placebo).



**100,000 people** with chronic migraine have been treated with BOTOX since FDA approval in 2010.



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BOTOX Clinic**  
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[cayugamed.org](http://cayugamed.org)

**BOTOX® Therapy for  
Chronic Migraines**



CAYUGA CENTER FOR NEUROSCIENCES



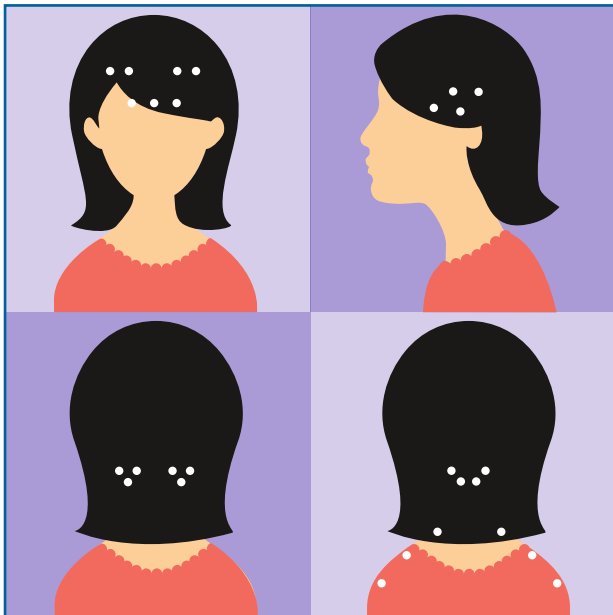
A Member of Cayuga Health System

## BOTOX® Therapy for Chronic Migraines

Cayuga Medical Center will be offering BOTOX treatment for patients who have been diagnosed with chronic migraines by a neurologist. Chronic migraines are greater than 15 headaches per month lasting four hours or more. Referrals will be made to the BOTOX Clinic through your Neurologist's office.

- BOTOX is the first FDA approved preventative treatment for chronic migraines that prevents on average 8 to 9 headache days and migraine/probable days per month.
- BOTOX treatment is given with a small needle and a series of injections. Patients state the injections feel like tiny pinpricks.
- BOTOX treatment is given every 12 weeks and it will take at least 2 treatments to determine how well BOTOX is working for you.
- Only a BOTOX trained specialist, can administer BOTOX treatments.
- BOTOX injections will take approximately 15 minutes and are done right during your provider's visit.

### Typical BOTOX Injection Sites to Treat Chronic Migranes



Relief is finally coming your way...



### Talk with Your Provider

#### Tell your provider

- If you have any muscle or nerve conditions such as ALS, Lou Gehrig's disease, Myasthenia Gravis, or Lambert-Eaton syndrome as you could be at risk for serious side effects from typical doses of BOTOX.
- All the prescription, non-prescription medicines, vitamins, and herbal products you are taking. Some medicines could cause serious side effects.
- If you have received any botulinum toxin product within the last 4 months such as Myobloc, Dysport, or Xeomin, have recently received an antibiotic by injection, take a muscle relaxant, take an allergy or cold medicine, take a sleep medicine, take an aspirin-like product or blood thinners.

#### Possible allergic reactions

- Itching, rash, red itchy welts, wheezing, asthma symptoms, dizziness, or feeling faint.
- BOTOX can cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX. If you experience this do not drive a car, operate machinery, or do other potentially dangerous activities.
- Get medical help if you experience these symptoms.

#### Other BOTOX side effects may include

- Dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems, double vision, blurred vision, decreased eye sight, drooping eyelids, swelling of your eyelids, and dry eyes.

### BOTOX Aftercare Instructions

#### After receiving BOTOX Injections

- Do not consume excessive alcohol for 24 hours.
- Do not do any aerobic exercise or swim for 48 hours after the procedure.
- Do not massage the areas treated.
- Do not have any facial massages, facials, or put any excessive pressure to the areas treated for 1 week. This includes avoiding scuba diving or wearing tight fitting motorbike helmets.
- Maintain an upright position for 4 hours after the procedure, and try to sleep lying flat in bed the night after the procedure.
- Try to exercise the muscles treated for 4 hours after the procedure. So keep smiling, frowning etc.
- If you get any small bruises you may apply ice and Arnica Cream. Mineral based makeup can be worn immediately after the procedure.

