

To study the effect and complications of botulinum toxin injection in patients with Benign Essential Blepharospasm.

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Abstract:

Aims: To study the effectiveness of Botulinum Toxin as a primary modality of treatment for patients of Benign Essential Blepharospasm and evaluate its side effects and complications. **Materials & Methods:** A prospective study of 20 patients was conducted in a tertiary eye care centre, from September 2013 to August 2015. Patients of all age groups and both genders with idiopathic blepharospasm, without other neurological/psychiatric disease and without prior surgical intervention were included in the study. Patients with secondary causes of Blepharospasm were excluded. All patients (16 female & 4 male) were subjected to an evaluation process to confirm the diagnosis and then injected with Botulinum Toxin Type A according to severity of symptoms and evaluated for subjective/objective improvement in symptoms and signs at 48 hours, 1 month & 3 months post injection, side effects/complications and recurrences. **Results:** Botulinum Toxin Type A is a very effective treatment modality for Benign Essential Blepharospasm with few side effects - dryness/irritation of eyes, pain/tenderness at injection site, ptosis, diplopia which are short term and easily controlled. The incidence of Ptosis was 5% in our study which is significantly lower than other studies (22%). Recurrence of symptoms was found in 25% of patients at the end of 3 months which can be resolved by repeat injections of Botulinum Toxin with increased doses per injection site. The length of the symptom free interval was the same in all patients. Patients also experienced a significant improvement in their quality of life.

Keywords: Benign Essential Blepharospasm, Botulinum Toxin.

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