

## Botox Treatment for TMJ and Jaw Tension

The temporo-mandibular joint (TMJ) is located on both sides of the head at the point where the jawbone meets the skull. The temporo-mandibular joint is used during talking, eating, swallowing, and other everyday activities. If this joint becomes displaced or is overworked through excessive teeth grinding, a person may suffer severe tension headaches, as well as sharp pain in the jaw.

**Botox** was once reserved for lessening the tell-tale signs of aging, such as annoying wrinkles and frown lines. But more recently Botox injections are being used frequently in dental offices as a great alternative treatment for more troublesome maladies such as TMD, which may include headache, clenching/grinding and sleep bruxism. Scientific studies have shown that patients who received Botox injections experienced significant improvements in pain, function, ability to open their mouth and levels of tenderness to palpation. Botox relieves jaw tension by making muscles unable to engage in the powerful, often unconscious movement of the jaw that produces headaches and pain.

## What's Involved in Botox TMJ Treatment?

**Botox** is injected into the temporalis, frontal and masseter muscles that together can cause jaw pain and headaches. Botox works by blocking nerve signals that cause uncontrollable muscle movements, essentially relaxing the muscles.

Botox injections take only 10 to 15 minutes and remain effective for anywhere between two and six months. Therefore, like its cosmetic counterpart, Botox TMD treatments must be repeated every few months depending on the patient. Most patients who receive Botox treatment regularly after a year to two, have notice the decrease frequency needs for retreatment due to the fact that their muscles have atrophied over time. Therefore, the need for Botox treatment can decrease from 3-4 times a year to maintenance treatment of 1-2 times a year. If you have TMD and Dr. Rashid determines that you are a

good candidate for this treatment, how often you'll need to receive Botox injections to relieve symptoms will depend on the severity of your condition.

## Risks and Benefits of Botox Treatment for Jaw Tension

The benefits of **Botox treatment** for TMD are many. For people suffering from soreness and pain resulting from problems with the temporo-mandibular joint, Botox injections often provide substantial relief. While reducing the ability of facial muscles to engage in problematic grinding, Botox allows them to perform daily activities such as talking, chewing, and swallowing. This makes the Botox alternative treatment for jaw tension a convenient, effective option for many people. In addition, the treatment can help safeguard [dental health](#), since excessive grinding can result in worn down teeth and damaged gums that may require costly treatment.

While botox treatment for TMJ disorders appears to be safe, certain medications, intoxicants, and other substances can minimize or negatively impact the effectiveness of Botox injections. For this reason, patients should honestly disclose any medication or substance use with Dr. Rashid prior to treatment. Although complications are rare, but in some cases, patients have experienced bruising and bleeding at injection sites, or excessive paralysis of the muscles in the areas treated.

## Frequently Asked Questions

### What's involved in Botox TMJ Treatments?

During your Botox TMJ treatment, Botox is injected into the temporalis, frontal, and masseter muscles. These muscles are the muscles that together are responsible for jaw pain and headaches. Botox injections block the nerve signals that cause uncontrollable muscle movements, which then relaxes your muscles and can also help reduce the effects or frequency of headaches and jaw pain.

Botox injections are quick and are effective for two to six months after the treatment. Most patients will need touch up appointments after six months. You can return to normal activities almost immediately after treatment, but you should be careful with strenuous activities and causing irritation to the injection sites.

## What are the benefits of Botox?

Botox treatments have many benefits. It can decrease the appearance of aging by reducing the wrinkles on your forehead and other areas. Since Botox relaxes the muscles, it can also help with neck spasms, jaw pain, headaches, and migraines.

Botox can also block the chemical signals that tell the muscles to contract, which can help with issues like lazy eye, some neurological conditions, and eye twitching.

## Is Botox right for me?

Botox is approved for patients that are 18 years old or older. If you're under 18 years old, you may need parental consent to receive Botox treatments. Botox is generally recommended for patients starting in their early to mid-20s.

If you're prone to chronic migraine, muscle spasms, and facial wrinkles, Botox can be a great solution to help you get some relief. You can experience the benefits almost immediately. However, Botox treatments aren't for everyone.

Patients that are currently pregnant or breastfeeding should wait until they're done before getting Botox. If you have neuromuscular conditions, you may not be suitable for treatment either. Botox also doesn't work with all wrinkles or conditions, so it's best to consult a professional first.

## Will a night guard help me?

A properly fitted night guard can help with jaw pain, headaches, and chronic migraine because it prevents your teeth from grinding and your jaw from clenching while you sleep. A night guard will also help shift your jaw and teeth into proper alignment to reduce any stress or pressure placed on them throughout the day and at night.

Because night guards help decrease the pain you feel when grinding your teeth, patients often find that they get better sleep. As a result, they may also experience fewer headaches and ones that are less severe.

How can I find more information relating to oral wellness?

There is a ton of information online regarding oral wellness and daily habits you can implement to improve your overall oral hygiene. For example, avoiding certain foods that may damage your teeth and enamel, flossing frequently, and brushing your teeth after every meal are common advice that dentists will give.

You can also speak with your dentist during your appointment to discuss how you can improve your oral wellness. They'll provide tons of useful and easy tips to ensure your oral health.

**How does BOTOX® work?**

BOTOX® is injected into muscles that tense up, blocking some of the transmitters in the muscles, preventing them from contracting, and essentially, causing them to relax.

## BOTOX® for Migraines

Do you have a history of migraines? Do you experience headaches 15 or more days of the month that last at least 4 hours? BOTOX® has been found to significantly reduce discomfort and leave patients pain-free, often cutting the number of headaches in half. BOTOX® blocks chemicals called neurotransmitters that carry pain signals from the brain and acts as a roadblock in the migraine pathway, stopping chemicals before they get to the nerve endings around your head and neck.

We typically give our patients who are suffering from migraines shots of BOTOX® around the head and neck once every 12 weeks. This serves in reducing and sometimes eliminating completely their migraine headaches, results can vary from person to person. For some patients, it can take up to 40 shots (20 on each side of your head) for best results.

## BOTOX® for Gummy Smiles

If you suffer from a [gummy smile](#) (a cosmetic condition also known as the excessive gingival display) you may feel self-conscious and

maybe even embarrassed when you smile. BOTOX® is a non-surgical treatment that is less invasive and more affordable than traditional gummy smile surgeries.

Dr. Rashid injects BOTOX® on each side of your mouth, allowing your facial muscles to relax and your lips to cover more of your gums. As the muscles in your face begin to relax, your smile becomes more aesthetically appealing.

To ensure optimal outcomes, we take care to administer BOTOX® into the proper muscles by having you smile, making the muscles more apparent. We then inject units of BOTOX® into each side of your face, and the quick and easy treatment is done. You may return immediately to your normal activities, and you'll notice results within a couple of weeks.

## BOTOX® for TMJ

TMJ stands for temporomandibular joint and refers to the most persistently used joint in the body—the part of your mouth that acts as a hinge, attaching your jawbone to your skull. This joint is responsible for the movement of the lower jaw, and when its muscles and joints are not working in tandem as they were designed to do, problems leading to pain and functional impairment result.

The first step in treating a TMJ problem is determining the possible source of the pain and what factors may be contributing to the affected area. This may sound complex, but we have a variety of [cutting-edge tools](#) at hand, including advanced imaging techniques, to accurately diagnose and treat your TMJ pain. Promising new research is suggesting that Botulinum Toxin A (BOTOX®) may be a helpful aid in the management of TMJ issues.

BOTOX® temporarily prevents muscle contraction, which can help with easing pain caused by overactive muscles in and around the jaw. For the management of a TMJ disorder, BOTOX® is injected into several muscle groups that are involved in moving the jaw. To date, over 24 studies have evaluated the use of BOTOX® for patients suffering from TMJ pain. Regardless of the dose of the medication or

the number of injections, studies have shown a decrease in pain, muscle hyperactivity, and muscle dysfunction. We believe that BOTOX® can be a helpful aid in the management of TMJ problems.

## Sedation Options

The needles we use to administer BOTOX® are tiny, but we understand the fear and anxiety that injections can cause in some of our patients, and we don't want that to deter you from getting the treatment you need. So, we offer a variety of [sedation options](#) that eliminate any pain that might be present during a procedure. We use conscious sedation anesthesia to calm your nerves and help you relax and be comfortable while we restore your smile.

Our structured referral plan defines, in advance, the working relationship between your dentists and us. It ensures you have treatment options that make the best of your situation and excellent continuity of care. We put as much emphasis on your comfort as we do on your dental care.

## Lip Fillers at the Dentist: Everything You Need to Know

Cosmetic dentistry, such as [veneers](#) or [teeth whitening](#), can help you achieve a brighter smile. But what about your lips?

Cosmetic dentists commonly use lip fillers to help boost lips just that extra bit. **They can help improve the overall lip contour volume and fill in the vertical lines around your smile.**

Here's what you can expect from having lip fillers and why you should have them done at your dentist's office.

## WHAT ARE LIP FILLERS?

Lip fillers are a type of dermal filler used to increase the volume of your lips. Most lip fillers contain synthetic [hyaluronic acid](#) (HA), a naturally occurring substance in your body.

With age, your body loses collagen, which can cause thinner lips. Lip fillers are a non-surgical, minimally invasive cosmetic method that uses injections to get smoother, plumper lips.

They are not a permanent solution but can add shape, volume, and structure to your lips, with the added benefit of filling in the smoker's lines (vertical lines around the mouth).

## LIP FILLER PROCEDURE

Before your lip filler procedure, your dentist will most likely discuss the following with you:

- Your overall health
- If you have any allergies
- The shape of your face
- Your expectations from the procedure

There are different types of lip fillers. A commonly used and safe brand name for hyaluronic acid is Juvéderm. It's a solution made of hyaluronic acid and water that creates a gel-like material when mixed.

Juvéderm solution also contains [lidocaine](#) to help prevent discomfort from the injections, and a topical numbing cream provides added comfort.

During the procedure, Juvéderm solution is injected with a fine needle into your lips. Areas can include the edges of your lips, the curve in the center, and the corners of your mouth.

Following injection, the solution fills in the gaps in your lips and around the corners of your mouth. The procedure usually takes less than 1 hour.

## AFTER YOUR LIP FILLER PROCEDURE

You can expect some swelling after. For this, ice can be given to minimize swelling and bruising.

However, it can take up to one week for swelling to go down. You may also notice small red spots where the needles were injected.

Other possible [side effects](#) that usually last less than a week include:

- Redness
- Swelling
- Tenderness
- Firmness
- Lumps
- Skin discoloration

Your lips may feel different because of the filler, and it may take some time to get used to them. Once there's reduced swelling and your lips have healed, they should feel more natural.

Your dentist may provide [after-care instructions](#) before you leave:

- Continue to use an ice pack to reduce inflammation, pain, and swelling.
- Avoid lipstick or any lip product for at least 24 hours after the procedure.
- Avoid touching or putting pressure on the lips, such as kissing or drinking from a straw.
- Be gentle when brushing your teeth.
- Drink plenty of water.
- Avoid exercise for at least 24 hours after the procedure.

## HOW LONG DO LIP FILLERS LAST?

Lip fillers can last up to a year, but you may need further injections if you wish to maintain lip volume. However, everyone is different, and certain factors can affect how long lip fillers last:

- Your age
- Your metabolism —how fast your body breaks down calories into energy.

## BENEFITS OF HYALURONIC ACID LIP FILLERS



Even though lip filler procedures are non-surgical, they are regarded as treatments. This is why it's important to find a [qualified and experienced professional](#) to carry out this procedure to avoid any risks.

Here are some benefits of lip fillers:

- Non-invasive procedure
- Offers a more natural look because you can control the amount of solution injected
- Treatment can be spread out to achieve desired results
- Not permanent
- Can restore previous lip size
- Can correct the shape of your lips to make them look more symmetrical
- They can smooth out wrinkles on the side of your mouth
- Boost confidence and enhance your smile

## FIND OUT IF LIP FILLERS ARE RIGHT FOR YOU

Lip fillers offer an effective way to give lips better definition and volume. If you are concerned about the size of your lips or want to add volume, lip fillers may be the right solution.

[Book an appointment](#) with the qualified dentists at Besma Dental to learn more about lip fillers and if you're a candidate.