AESTHETICS

By Stephanie

MASSETER BOTOX

FACTSHEET

AESTHETICSBYSTEPHANIE.COM

AT A GLANCE

BOTOX®

PROCEDURE TIME
20 minutes

APPOINTMENTS
1

TREATMENT RECOVERY
Immediate

DURATION OF RESULTS
12 weeks

BACK TO WORK
Same day

RISK & COMPLICATION
Low

ANAESTHETIC
None

SPECIALIST
Medically qualified

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How Does it Work?

Botulinum toxin is a naturally occurring protein produced by the bacterium Clostridium Botulinum. The toxin blocks the transmission of chemical messages sent from the nerve which tell the muscle to contract. Without these messages, the muscle stays in a resting state until the 'messengers' recover. This recovery takes approximately 8 to 12 weeks on average.

Licensed brands of botulinum toxin A include,' Botox®, Azzalure®, Bocouture®, Xeomin®, and Dysport®. All botulinum toxins are prescription-only medicines (POM) and can only be prescribed by doctors, dentists, prescribing nurses and pharmacists with a prescribing qualification, following a face to face assessment and consultation with the qualified prescriber.

Masseter Botox refers to the use of Botox injections into the masseter muscle, which is one of the muscles responsible for chewing and is located at the angle of the jaw.

It can provide relief from temporomandibular joint (TMJ) disorders and bruxism (teeth grinding). These conditions can cause pain, headaches, and wear on the teeth. By relaxing the masseter muscle, Botox injections can reduce the muscle activity that contributes to these issues, offering patients significant relief from discomfort and preventing further dental damage.

This treatment can also slim the appearance of the jawline, creating a more V-shaped or heart-shaped face and can particularly benefit patients with a square jawline or those looking for facial contouring without surgery.

Botulinum toxin injected into the Masseter Muscle is used to:

- Manage teeth grinding
- Reduce jaw tension, pain, and clenching
- Relieve headaches
- Contour a square jaw
- Create a balanced face shape

Is it Safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at the consultation prior to any treatment being agreed.

Botulinum Toxin should be administered by a healthcare professional with specialist training.

Side effects include, but are not limited to;

- Pain, swelling or bruising at the injection site
- Mild headache

More severe side effects related to an allergy to botulinum toxin are extremely rare and you should contact your practitioner if you have any concerns.

Healthcare professionals generally recommend against using Botulinum Toxin when you're pregnant or breast-feeding.

Am I Suitable for Treatment?

Your practitioner will take a detailed medical history to ensure you have no conditions that might increase the risk of unwanted side effects.

You should tell your practitioner if you've had any type of Botulinum Toxin injection within the past four months, if you take muscle relaxants, sleeping aids or allergy medications. If you take blood thinners, you may need to stop taking them several days before your injection to reduce your risk of bleeding or bruising.

A consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

Does it Hurt?

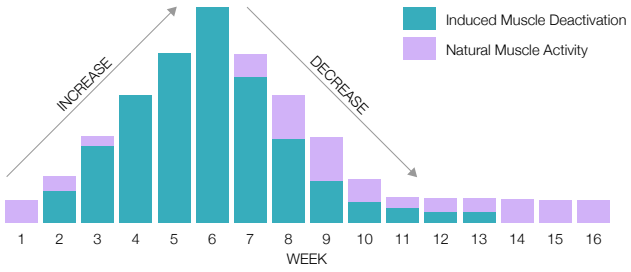
A very fine needle is used and generally, this treatment isn't painful and can be tolerated with no anaesthetic. Ice may be helpful in numbing the skin for nervous patients as well as reducing the risk of a bruise.

The number of injections needed depends on many factors, including the extent of the area being treated.

How Long Will It Last?

After treatment, it is expected that you will start to see an improvement within 4-6 days. The full result may be judged at 2-3 weeks. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary.

Results tend to last 3-4 months.



Frequent treatment at intervals of less than 3 months is NOT recommended, as this can result in the development of antibodies to botulinum toxin rendering future treatments ineffective.

Aftercare Advice

Do not rub or massage the treated areas for 24 hours. This may help prevent the toxin from spreading to a different area. You can return to your normal activities right after the procedure.

You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

Choosing your Practitioner

It is important to make sure the person doing your Botox injections is suitably qualified and experienced.

They should be a medical practitioner and on a register (such as Health Improvement Scotland) to show they meet set standards in training, skill and insurance.

Avoid practitioners who have no training or have only completed a short training course.

When you meet the practitioner, ask about:

- How many of these procedures they've done
- What qualifications and training they have
- If they're a member of a relevant professional association that shows they meet set standards in training and skill
- About the most common complications of the procedure
- What aftercare you can expect and who will look after you
- What to do if something goes wrong or you're not happy with the result
- How much it'll cost, and if it'll cost extra to have further treatment if needed

The practitioner should tell you exactly what the procedure involves, including:

- How it'll be done
- How long it'll take
- Whether anaesthetic is needed

They should also tell you about what to expect after the procedure, including:

- What pain you can expect afterwards
- How long the recovery should be
- The potential risks and complications
- How long the results will last
- What you can expect to look like after the procedure

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