

BOTOX FOR BRUXISM:



BRUXISM (GRINDING & CLENCHING):

In the treatment of bruxism, Botox weakens the muscle enough to reduce the effects of grinding and clenching, but not so much as to prevent proper use of the muscle. Botox treatment typically involves five or six injections into the masseter muscles. It takes a few minutes per side, and the patient starts feeling the effects the next day. Occasionally, bruising can occur, but this is quite rare. Injections must be repeated more than once per year.

The optimal dose of Botox must be determined for each person as some people have stronger muscles that need more Botox. This is done over a few touch-up visits with the physician. The effects last for about three months. The muscles do atrophy, however, so after a few rounds of treatment, it is usually possible either to decrease the dose or increase the interval between treatments.

DENTAL GUARDS & NTI DEVICES:

Irrreversible complications can result from the long-term use of mouthguards and repositioning splints. Randomly controlled trials with these type devices generally show no benefit over other therapies. Clenching hard while wearing an NTI device may cause worse damage, because the NTI changes the forces on the teeth and the tempormandibular joint. NTI patients require ongoing monitoring by a dentist. Such devices are only used at night and not during the day when many patients do continue to grind and clench intermittently (when experiencing discomfort, cold or stress).

Patients may present with a variety of symptoms, including:^[8]

- Anxiety, stress, and tension
- Earache
- Headaches
- Migraines
- Loose teeth
- Tinnitus
- Gum recession
- Neck pain
- Insomnia
- Sore or painful jaw
- Square jaw (due to strengthened masseters)

“I have struggled with grinding and clenching for many years. Not only did this wear my teeth down but it also caused a stiff jaw and diminished my quality of sleep at night. The ongoing grinding and clenching had strengthened my jaw muscles (masseter muscles) and I was developing a square shaped masculine jaw. After having my masseter muscles injected with botox I was amazed at the quality of sleep I experienced every night by comparison. Life changing! In addition my square jaw was reduced and my jaw line is more feminine in appearance than it has been for many years”

Bruxism Patient - (Grinding and Clenching), Square Jaw Reduction