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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Botulinum Toxin Injections for Temporomandibular Disorder

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Raina Palit, Dr Rajan Chander, Dr Maeve Breen

Department: Oral and Maxillofacial Surgery

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Post-Operative Instructions

- Avoid massaging or rubbing the injection site (including facials/facial massage) for at least one week afterwards as this can spread the Botox into unwanted areas and increase the risk of facial weakness.
- Avoid strenuous exercise for 24-48 hours.
- Avoid sunbathing, sunbeds, and sauna for 48 hours.

Contact Details

If you have any questions or concerns after your treatment, please contact:

- **Ashford Hospital** on **01784 884009** (Monday - Friday 9-5pm)
- **St Peter's Hospital** on **01932 722028** (Monday - Friday 9-5pm)

If you have an emergency Monday - Thursday between 5-10pm, phone the main switchboard (01932 872000) and ask for the Oral and Maxillofacial doctor on call.

If you have any serious problems such as difficulty breathing or a severe allergic reaction, call 999 or go to your nearest A&E.

What is Botulinum Toxin and How does it Work?

- Botulinum Toxin (Botox) is a naturally occurring protein produced by the Clostridium botulinum bacterium. When injected into the muscles, it reduces movements and relaxes them. This helps in conditions that involve overactive muscles such as temporomandibular disorder. The effect of Botox is temporary, but it is not instantly reversible, and it will wear off naturally over time.
- Botox injections will not stop you grinding / clenching your teeth but may help to improve the symptoms of muscle soreness. There is no guarantee Botox injections will completely alleviate your symptoms and you may require more than one round of injections.
- Botox is one treatment option for your temporomandibular disorder and your doctor will discuss the overall best management for your condition.

Who cannot have Botulinum Toxin Injections?

Botox injections are very safe, however there are some individuals it may not be suitable for:

- Pregnant, breastfeeding, or trying to conceive.
- If you have skin infections near to or in the areas being injected.

- Individuals with certain neuromuscular conditions such as myasthenia gravis
- Allergies to components in Botox or previous adverse reaction to Botox.

Please speak to your doctor if you are concerned about whether you can have Botox injections.

Risks of Injection

- Discomfort, swelling, bruising, mild bleeding.
- Infection
- Skin rashes
- Allergic reaction
- Numbness
- Muscle wasting which can cause facial shape changes including temporal / cheek hollowing.
- Facial weakness e.g., asymmetrical smile, drooping eyelid / corner of mouth
- Flu-like symptoms and tiredness.

The Procedure

- The area is cleaned, and the masseter and temporalis muscles are marked on each side of the face. You will be asked to clench your teeth to help find the best place for the

injections. Generally, there are 4 injection sites, 2 on each side of the face, but this can vary between patients.

- Local anaesthetic is not required.
- The Botox is injected using a small fine needle in the required amount into each of the muscles. You will feel a sharp scratch for a few seconds.
- The whole procedure usually takes about 5-10 minutes.

What to Expect Afterwards

- You may have some soreness, swelling, bruising and redness in the areas injected.
- You may get a headache and flu-like symptoms for up to one week afterwards.
- It can take up to 2 weeks to see the full effects from the Botox injections. This can last up to 6 months; however, this varies between individuals.
- You will need to wait at least 3 months before having toxin injections again if indicated. This is to avoid resistance to the treatment.
- The muscle activity will return to normal after the Botox wears off.