



AVENUE ENT

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Botox® for TMJ Disorders, Focal Spasms, Clenching, Grinding, Headaches

What is Botox® and How Does It Work?

Botox® is a natural purified protein that helps relax jaw/neck muscles, avoid severe clenching, grinding, headaches and TMJ disorders. It acts by temporarily blocking the chemical signals from the nerves that stimulate the muscles. As a result, the intensity of muscle contractions is reduced and these muscles are unable to engage in powerful and unconscious movement of the jaw that produces pain, tension, soreness and headaches. This reduces the frequency of clenching or grinding and allows your muscles to rest.

How Long Does the Procedure Take?

Botox® injections take only 5-10 minutes to be administered depending on the amount you require. It is a short and nonsurgical process so you can resume normal activity immediately following treatment.

How Long Do the Effects of Botox® Treatment Last?

Each Botox® treatment typically lasts up to 2 to 4 months, but can have a significant effect on your quality of life. Similar to cosmetic Botox® treatment, therapeutic Botox® treatments must be repeated every few months depending on the individual. After a year or two, people who receive Botox® treatment regularly will notice a decrease in frequency for their appointments. As a result, Botox® treatment can decrease from 3-4 times a year to requiring it only 1-2 times a year.

Are There Any Side Effects?

The potential side effects of Botox® treatment are mild, and usually go away within a few hours or days after treatment. Potential RARE side effects include: allergic reaction, rash, itching, headache, neck and back pain, muscle stiffness, difficulty swallowing, shortness of breath, nausea, diarrhea, stomach pain, loss of appetite, muscle weakness, inflammation, bleeding, bruising, swelling, pain at injection site, neck weakness, fever, cough, sore throat, runny nose, flu-like symptoms, respiratory infections, dizziness, drowsiness, tired feeling, anxiety, dry mouth, ringing in ears, drooping of eyelid, inflammation of the cornea, eye dryness, itchy eyes double vision tearing, increased sensitivity to light, reduced blinking, eyelid swelling.

Am I a Good Candidate?

Not everyone is a good candidate for Botox® injection treatment. You cannot receive this treatment if you are pregnant, breastfeeding, have a neurological disorder (eg. Myasthenia Gravis or Eaton Lambert Syndrome), or have an allergy to the ingredients, specifically albumin.

Will My Insurance Cover My Botox® Treatment?

It depends on your insurance, but it definitely might be! These are therapeutic injections, as opposed to cosmetic, so many insurance companies do offer coverage. In order to find out, you need to call your insurance provider and ask if therapeutic Botox® is covered under your plan. Many insurance companies will require a "Medical Botox Form" to be completed prior to treatment and this form can be obtained from your insurance company which can be dropped off to our office to be filled out by your ENT surgeon.