Clear Dental
cosmetic dentistry and invisalign

中文 02 9283 6220
info@cleardental.com.au · cleardental.com.au

AFTERCARE INSTRUCTIONS · GENERAL DENTISTRY

CD-P34

After your Botox Treatment

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME _____ DATE OF TREATMENT _____

TREATING DENTIST _____ REVIEW APPOINTMENT _____

Dear patient,

You have had injections to relax your jaw muscles and ease clenching and grinding. The medicine needs a few hours to settle where it was placed, so the first day matters most.

01 The first 4 hours

- Stay upright. Avoid lying down or bending over for long periods.
- Do not rub, press or massage the treated areas, and leave make-up off them for now.
- Avoid tight helmets, headbands or chin straps that press on the area.
- You can eat, drink and go back to work as normal.

02 The first 24 hours

- Skip strenuous exercise, saunas, spas, hot yoga and long periods in the sun.
- Avoid alcohol, which can make bruising worse.
- Small bumps and redness usually settle within a few hours. For bruising, hold a cold pack wrapped in a cloth against the area without pressing.
- Paracetamol taken as directed helps with tenderness or a mild headache.

03 The next few weeks

- The effect starts within 3 to 7 days and is fullest at about 2 weeks. Do not expect an instant change.
- Your jaw may tire with chewy or hard food such as steak, crusty bread or gum. Choose softer food for a while. This settles as you adjust.
- Wait 2 weeks before facials, facial massage or other treatments on your face, and tell any other practitioner you have had botulinum toxin.
- Keep wearing your splint if you have one. The injections reduce the force of clenching but do not fully protect your teeth.
- The effect fades gradually over about 3 to 4 months. Repeat treatments are usually at least 3 months apart.

Call us if you have

- Bruising, swelling or pain that is getting worse after 2 days
- Signs of infection: heat, increasing pain, pus or fever
- An uneven smile, or difficulty chewing that bothers you
- No change at all after 2 weeks

Emergency: If you have difficulty swallowing, speaking or breathing, drooping eyelids, double vision or muscle weakness away from the treated area, call 000 or go to your nearest hospital emergency department.

→ Follow-up

Attend your review 2 to 4 weeks after treatment so we can check the effect and record the dose that worked for you. A small top-up may be offered if part of a muscle is still active.

Warm regards,
The Clear Dental team

Clear Dental
cosmetic dentistry and invisalign

We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.