

Management of Bruxism

Advanced Uses of Botulinum Toxin (Botox®)



Bruxism (not to be confused with TMJ) refers to patients who excessively grind their teeth and clench their jaw either involuntarily (awake Bruxism) or during sleep (sleep Bruxism). It is estimated that over 30% of the population have this type of parafunctional activity which presents itself as a hypertrophic masseter muscle in the face.

Though we do not fully understand why people develop Bruxism its symptoms may include headaches, teeth sensitivity, and jaw muscle pain. Conventional treatments typically has been mouth guards to protect the teeth due to excessive tooth wear, breaks, or damaged restorations.

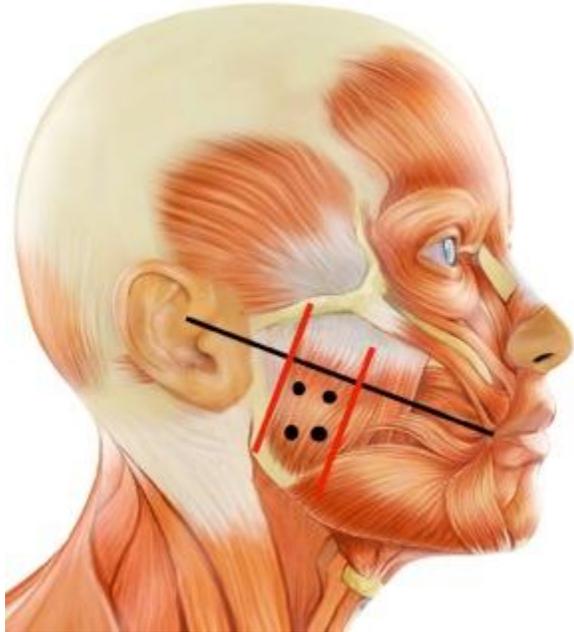
As stated before, we do not fully understand the immediate causes for Bruxism though it is hypothesized that it may involve a number of factors:

- Anxiety (stress, anger, tension)
- Teeth alignment issues (malocclusion)
- Sleeping disorders
- Neurological disorders (i.e. Huntington's or Parkinson's)
- Reactions to medications (i.e. antidepressants, psych drugs)

What is known is that “awake” Bruxism is more common in women while “sleep” Bruxism is proportionate to the male/female population. Though there are many mechanical treatments for the effect of Bruxism there is little evidence that any of these treatments help in the management of Bruxism. The use of Botox® allows for the correction of these symptoms of the effects as well as management of the condition.

Bruxism is presented as hypertrophic activity of the masseter muscle, Botox will relax the muscle and not allow for the involuntary grinding of teeth and help in the alleviation of pain associated with the muscle

spasticity. The treatment can be either cash basis or reimbursement by insurance may also be available. The most common protocol is as follows:



Typically these injections are bi-lateral and the only possible complication or symptom after the injection is that the patient may feel fatigued when chewing after a prolonged period of time. For most patients it is very well tolerated and the effects can last up to (6) months per treatment. Prolonged therapeutic use of Botox® for bruxism may also allow for effective treatments over (6) months since the muscle having been relaxed for long periods will not become quite as dominant and hypertrophic after extended periods of atrophy.

If you would like to find out more about the therapeutic and aesthetic uses for Botox®

For booking and consultation:

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