



## Botox® Treatment for TMJ Disorders

Botox® (onabotulinumtoxinA) is a non-surgical treatment option that may help relieve symptoms associated with temporomandibular joint (TMJ) disorders. TMJ disorders can cause jaw pain, facial tension, headaches, teeth grinding, and difficulty chewing. Botox works by relaxing overactive jaw muscles, helping reduce pain and muscle strain.

### How Botox Helps TMJ Symptoms

TMJ symptoms are often caused by excessive muscle tension or clenching of the jaw. Botox helps by calming these overactive muscles, reducing involuntary clenching and grinding. As muscle tension decreases, pressure on the jaw joint is relieved, which can improve pain, jaw mobility, and overall comfort.

### What to Expect From Treatment

Botox for TMJ is a quick, in-office procedure that typically takes 15 to 20 minutes. Your provider will place small injections into targeted jaw and facial muscles, most commonly the masseter and temporalis muscles. Treatment plans are individualized based on symptoms and muscle activity.

### Preparing for Your Appointment

Wear comfortable clothing and avoid wearing makeup around the jaw or face on the day of treatment. Tell your provider about all medications and supplements you take, especially muscle relaxants or blood thinners. No special preparation is usually required.

### After Treatment: Important Guidelines

After treatment, avoid rubbing or massaging the injection sites for 24 hours. Do not exercise, sweat, or lie flat for four hours following treatment. Avoid dental procedures or facial treatments for 24 hours unless otherwise directed by your provider.

### Possible Side Effects

Side effects are generally mild and temporary. They may include jaw soreness, mild bruising, headache, or temporary fatigue of the chewing muscles. Rarely, patients may notice temporary changes in bite strength. Contact your provider if you experience significant discomfort.

### When Will I Notice Results?

Most patients begin noticing improvement within one to two weeks. Maximum benefit is typically felt by four weeks. Results usually last three to four months, depending on individual response.

### Long-Term TMJ Management

Botox can be used as part of a comprehensive TMJ treatment plan and may be combined with night guards, physical therapy, stress management, or other therapies. Your provider will tailor your treatment plan based on your symptoms and response.