

Masseters/TMJ/Teeth Grinding Treatment Aftercare Sheet

What to expect:

- Bruising, redness and swelling are common side effects, and may be uneven. This will improve gradually over 7 days.
- It can take up to two weeks for the full effect - please be patient up until this point to assess your results
- You may experience some discomfort or tenderness at the treatment area for 2-3 days. Please take over-the-counter pain relief (paracetamol) as necessary for this.
- Small lumps may be present. These generally resolve gradually over 4 weeks.
- Chewing may feel strange or have some discomfort - this is normal and will subside over a few days
- The muscles may “bulge” following treatment and is a result of the muscle slowly relaxing - this will resolve on its own over a few days

Post-care Instructions

- Apply cold compress gently to the treated area to reduce swelling and bruising.
- Do not lie down for 4 hours post treatment
- Refrain from rubbing, massaging, touching and applying pressure to the treated areas for 4 hours post treatment
- Please avoid applying makeup to the treated site for at least 4 hours to reduce the risk of infection. We recommend waiting until the following day to resume applying makeup
- Avoid strenuous exercise for 24 hours to reduce the severity of swelling and bruising.
- Refrain from hot showers and other high temperature environments for 48 hours to reduce swelling. This includes, spas, saunas, hot yoga, steam rooms.
- Abstain from excessive alcohol for 48 hours to reduce the risk of bruising.
- Delay any non-urgent invasive dental procedures for 2 weeks to reduce the risk of infection.
- Avoid airplane travel for a minimum of 2 days
- We recommend waiting at least 2 weeks before resuming any facial treatments such as lasers, microneedling, peels etc
- Avoid UV exposure for 48 hours post treatment