

What is Bruxism?

Bruxism is a condition characterised by involuntary grinding or clenching of the teeth, often during sleep. It can lead to tooth wear, jaw pain, headaches, and other dental issues. One option to treat bruxism is to use strategically placed injections of botulinum toxin (commonly known as Botox) into the jaw muscles. This reduces muscle activity, alleviating the symptoms of teeth grinding which can potentially ease the existing temporomandibular joint (TMJ) symptoms.

Botox treatment for grinding is effective and non invasive

At NHS Dentist, Dr Noushin Karimi, senior dentist uses the brand Azzalure treatment for bruxism and TMJ issues.

This is provided by our Senior Dentist, Dr Noushin Karimi.



How does Azzalure help?

This treatment reduces jaw muscle tension and pain, decreases teeth grinding and clenching, and protects the teeth from wear. It can improve sleep quality and provides a non-invasive, quick procedure with minimal downtime. The aim of the treatment is not only alleviate the symptoms but also help in breaking the habit of tooth grinding and clenching.

Benefits can include...

-  Reduced jaw pain and tension
-  Fewer headaches and migraines
-  Less tooth wear and enamel damage
-  A slimmer jawline in some cases (as the muscles relax and shrink over time)
-  Improved quality of sleep and overall comfort

What to expect during your treatment

Azzalure treatment for bruxism is quick, safe, and minimally invasive. The treatment process involves, a comprehensive assessment of your symptoms and dental health as well as your current medical history.

Injection sites are marked on the jaw muscles in preparation for a series of small Botox injections into the masseter muscles.

Minimal downtime and normal activities can usually be resumed immediately, with the duration of results typically lasting 3-6 months; with repeat treatments often prolonging the effects.

Dr Karimi will discuss all potential risks and benefits at the time of your consultation.

Who is an Ideal Candidate?

-  Individuals experiencing jaw pain or headaches related to bruxism
-  Patients with worn or damaged teeth due to grinding
-  Those seeking a non invasive solution for bruxism
-  Patients with muscle hypertrophy (enlargement) of jaw muscles

At NHS Dentist, we are committed to offering safe and effective solutions for your dental and oral health concerns.

If you are struggling with grinding, clenching, or TMJ discomfort, call us on **0207 610 1110** (option 3) to speak with one of our dedicated Treatment Coordinators.

They will be happy to answer your questions and help you schedule an appointment with Dr Noushin Karimi.