

Bruxism Patient Homework

- Switch to breath mints
- Wear a **hard night guard** every night and ask my dentist to examine it if it shows wear
- Book a bruxism treatment** (30 min visit) for a time of day when
 - I will be done my exercise or strenuous activities
 - I can stay upright for the next 4 hours after treatment
 - I will not be using a high-heat environment for the rest of the day (e.g. heated yoga studio, tanning bed, sauna, hot tub)
 - I will not be putting pressure on the injected areas (e.g. finished my massage treatment)
- Practice a **neutral jaw** and **neutral neck** position
- (If applicable) talk to my prescriber about the pros and cons for me to discontinue or switch my medication (P.S. triggers are escitalopram, sertraline, fluoxetine, paroxetine)
- Cut down my intake of daily **tobacco, alcohol, and/or caffeine**
- Take concrete actions to eliminate or cut down the stress in my life

Possible Side Effects

Paradoxical lump (herniation)	May appear tomorrow. Resolves in 3-4 days
Flat smile may occur (risorius)	Temporary. Begins to return in 6 weeks. Full return in 3 months.
Headache in temples	They are trying to help the weakened masseter muscles. Return for follow-up in 1 month to inject the temples.
Weaker bite, chew, or embouchure	Your treatment is working. Strength begins to return in 6 weeks. If your bite is so weak that it causes you distress, tell me. Masseter strength will always return with time.
Decreased saliva production	Temporary. This will return in a couple months.
Facial slimming	Occurs after 6 weeks. If it distresses you, tell me.
Pain returns	Return for another treatment. For many people, the greatest pain reduction occurs after 3 treatments.
No relief of pain at all (occurs rarely)	See your dentist to investigate further e.g. occlusion.

Get Your Foot in the Door

1 month - it is important to return for a 15-20 min follow-up exam

3 months - another assessment and treatment may be necessary