

Pre- and Post-Care Instructions for BOTOX® Therapy

Thank you for choosing our office and welcome to **Endodontic Excellence!**

At Endodontic Excellence, we recognize that there has been a significant increase of crack-induced root canal issues in recent years. Conditions such as bruxism (i.e., grinding or clenching habits) can make existing cracks worse even after the affected tooth has been treated by root canal therapy and a crown and will eventually lead to loss of the tooth.

Dr. Alan Lee expanded his research beyond endodontics with the goal of helping his patients save their cracked teeth by treating bruxism with BOTOX® or XEOMIN®. These are FDA-approved protein complexes, commonly used for aesthetic treatment of facial wrinkles. Treating jaw muscles with BOTOX® or XEOMIN® injections can control over-used jaw muscles, significantly reducing unconscious grinding or clenching of teeth.

Please follow these guidelines in preparation for your visit:

- At Endodontic Excellence, BOTOX® or XEOMIN® therapy is intended for treatment of dental and oral conditions such as Bruxisum only.
- Contraindications to BOTOX® or XEOMIN® include known allergic reactions to botulinum toxin, certain neuromuscular disorders, pregnancy, and/or nursing. Please provide us with a comprehensive medical history during your consultation visit to ensure this treatment is ideal for you.

Please follow these post-care instructions:

- BOTOX® or XEOMIN® are fragile proteins. For the first 24 hours, avoid any activities that may denature them.
 - **Avoid heat** – sun light, hot shower/bath, strenuous exercise
 - **Avoid rubbing or massaging the injection site**
 - **Avoid lying on your face**
 - Refrain from any alcohol consumption
- You will start to notice initial results of the treatment within **10 to 14 days** after the injection(s).
- You may schedule your follow-up visit **3 weeks** after the initial injection(s) for a dosage adjustment if necessary.
- The average duration of the results is 3-4 months. It is important to maintain regular injection intervals to sustain optimal therapeutic results.
- With repeated treatments, the targeted muscles undergo atrophy, requiring less amounts of BOTOX® or XEOMIN® given at reduced frequency to maintain similar results.

We hope your experience with us was seamless and comfortable

Please leave us a review to help others find high-quality endodontic care. For any questions or concerns, call us at **703-429-9926** or email info@endoreston.com. We are open Monday to Friday, 8:30 AM – 5:00 PM. After hour calls and texts will be answered! Please contact us if you have any questions.

Thank you!