



CATHERINE M  
AESTHETICS



# Masseter Injections

(Facial Slimming) The extra stuff you may want to know!

---

## Downtime

Redness, bruising, and swelling can last 1 - 4 days. You may return to work or daily activities as long as you follow the after-care advice given to you.

## Results Last

Typically, results last 3 - 6 months depending on your lifestyle, genetics, and metabolism.

## Risks & Adverse Effects

- A small bruise after treatment: This is unlikely, however, as the jaw area is not particularly vascular.
- Difficulty grinding tough foods: The masseter muscle will weaken as a result of the injections and you may notice it to be more difficult to grind food. This is not a permanent side effect.
- Affecting the smile muscle: The masseter muscle lives very close to a muscle called 'risorius'. The risorius is the muscle responsible for opening the mouth wide when smiling. I am very careful to avoid this muscle when injecting the masseters to avoid the smile from being affected. In the unlikely event of the smile muscle being affected, it would wear off quickly with no permanent problems.

# How Does It Work?

The neurotoxin injections relax the muscles in the jaw/masseter muscle. This causes the muscle to relax and therefore reduce in size and ability to move.

## Contraindications

- 1 Pregnancy and breastfeeding
- 2 The presence of an active skin condition in the treatment area
- 3 Known allergy or insensitivity to any botulinum toxin
- 4 History of/or active neuromuscular disease



# FAQ's

---

## **Will I still be able to eat after facial slimming treatment?**

Yes - there are other muscles that help bite and grind food. Place your fingers on the side of the head and clench your teeth - you will feel a muscle called temporalis which helps you to grind food. After jaw slimming treatment it may be more tiring to eat chewy foods.

## **How will I know when the treatment is working?**

We often say to patients that, before treatment when you clench your teeth, the bite muscle feels firm. Approximately 2-3 weeks after

treatment the bite muscle will feel soft, a bit like a kitchen sponge. This is the point at which the muscle has been relaxed and you know that it is working.

## **When won't masseter Botox injections slim the face?**

Botox into the masseters does not slim the face if a wide face is from strong bones, sagging skin, or too much fat. Your doctor will feel the strength of your muscle as you clench, and be able to advise you on whether Botox injections may be suitable.

