

Module 5 – Cosmetic Migraine and TMJ

Best Practices

- Don't be afraid to treat these conditions, you can get comfortable quick and really help patients
- "Cosmetically pleasing" dose is usually enough for patients with tension/migraine headaches
- 5-10 Units of Botox is usually magic for each masseter in TMJ
- For cosmetic slimming and "de-masculinizing" or prevention in a female, you are usually the one to suggest Botox
- Patient is a good candidate for treatment of migraines or just headaches in general if the headaches originate:
 - In the forehead
 - Around, between or behind the eyes
 - In the temple or scalp
 - On the side of the face around the Crow's Feet area
- I would get a neurologist involved if:
 - Their headaches originate more posteriorly, back of head, neck, back
 - It becomes too expensive because they need a lot of Botox
 - They have tried and/or are on multiple medications
 - They have a major aura before/during headache
 - Their headaches are too severe for you to feel comfortable not getting them evaluated
 - Their headaches majorly affect their life like putting them in bed for days
 - You have any reason to believe they have any medical pathology that needs to be evaluated
- You can still potentially help them with Botox if you get a neurologist involved
- Patient is a good candidate for treatment of "TMJ" if:

- Patient has been diagnosed with TMJ
- Patient grinds teeth during day and/or night, clenches jaw with concentration/stress or other life activity
- Has cosmetic “masculinization” of jaw from chronic hypertrophy especially in patients who are avid exercisers, weight lifters, talkers, etc.
- I would get a dentist and/or oral surgeon involved:
 - To make a bruxism guard (“bite block”) to help with grinding
 - If they have significant locking/popping of the jaw
 - If they have any possible pathology that needs to be evaluated
 - If you are not making progress with your dosing
 - If the patient wants to see if their insurance will cover it if they are getting a lot of Botox (rare) even though their copay is probably as much as your cost to them
- Insurance can help but generally co-pay is as much as a “cosmetically pleasing” dose
- Start with a conservative dose and add units (you will be surprised how much a little goes a long way) and injections if they need a stronger result (especially in the beginning until the muscle weakens and symptoms improve)
 - Increase until they see a less pleasing cosmetic result and then decide where is the happy medium
 - They will need multiple treatments to really see the result although some are surprisingly happy after one treatment
 - They will need to continue treatments to maintain results