

Botox for Gummy Smile.Article Update.Revenge MD.SP

Link to page: <https://www.revengemd.com/treat-a-gummy-smile-with-botox/>

## How to Prepare for Your Appointment

(Add after the section: "What Before and After Results Can I Expect?")

Botox is a minimally invasive procedure that's fairly straightforward. It has a long history of safe use when administered by a qualified injector. But there are still some steps you'll want to take before your appointment to ensure everything goes smoothly. Here's a brief timeline to help you have the best treatment experience:

### 1 Week Before Your Appointment

- Stop taking anti-inflammatory drugs and blood thinners such as vitamin E, Ibuprofen, Motrin, Aleve, omega-3, St. Johns Wart, and ginseng.
- Increase your consumption of vitamin-K-rich foods such as leafy green vegetables, blueberries, and broccoli. These will help minimize any post-injection swelling and bruising.
- Consider taking Arnica creams and supplements. These may help decrease the likelihood of swelling, bruising, and pain after your injections.

### 48 Hours Before Your Appointment

- Stop smoking cigarettes. Tobacco can interfere with your body's ability to heal and may also increase your likelihood of bruising.
- Stop drinking alcohol. Consuming alcohol can thin your blood and cause you to experience worse bruising from your Botox injections.
- Stay hydrated. Your body will respond much more favorably to Botox injections if you're well-hydrated.

## What to Expect From Your Botox for Gummy Smile Treatment

(Add immediately after the "How to Prepare for Your Appointment" section above)

The first thing we'll do when you arrive for your Botox for gummy smile appointment is help you get comfortable. We'll encourage you to let us know if you have any questions. We'll also explain the injection process to you so there are no surprises. Next, we'll mark the treatment area and apply a topical numbing cream.

Once the area is numb, we'll inject Botox into the levator labii superioris alaeque nasi muscle. This is the muscle that lifts the upper lip when you smile and speak. Injecting the muscle with Botox will help to relax and lower the upper lip so less of your teeth show when you smile.

We usually inject anywhere between two and five units of Botox in each side of the lip for women. Men may need more units because their muscles are bigger and thicker. The bigger the muscles, the more Botox is required to get the desired outcome.

The entire Botox for gummy smile process usually takes about 10-15 minutes. You don't need to take time off work afterward. You'll be able to go right back to your normal daily activities. To keep your non-gummy smile for the long term, we recommend receiving regular maintenance Botox treatments. Many of our patients report that after receiving regular Botox treatments, they eventually require fewer treatments to maintain their results.

## **Potential Side Effects of Botox Treatments**

(Add after "How Do I Care for My Smile After Botox?")

Though Botox is generally very safe, it may cause side effects in some people. The most common side effects include localized bruising, swelling, redness, and tenderness. These should go away within a few days.

Rarer and more serious complications include allergic reactions, unintended muscle paralysis, and infection. Seeing a qualified provider for your injections can reduce your risk of experiencing complications like these.