Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Masseter treatment

REGISTERED NURSE • WOODFORD, ESSEX

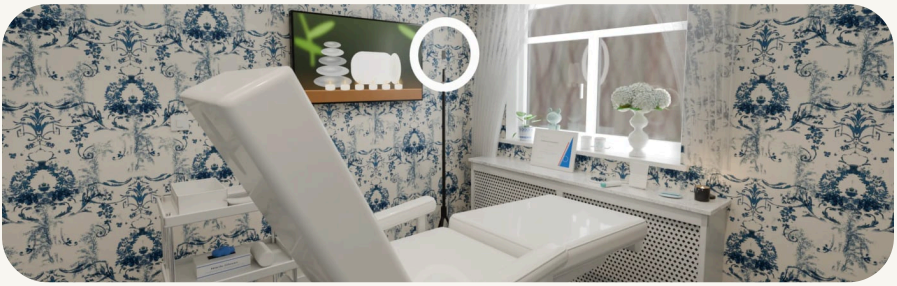
A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. Jawline treatment is a slow reveal: the muscle relaxes gradually, so any easing of clenching and grinding tends to come first, and the softer contour follows at four to six weeks.

There is very little to do afterwards, but the first day matters. Follow the steps in this guide, and get in touch if anything worries you.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS A few weeks; full result at 4–6 weeks	LASTS 3–6 months
DOWNTIME None	REVIEW At four to six weeks, on request

STEP BY STEP

What to do, *and when.*

01

FIRST 4 HOURS

Let it settle

- Stay upright: no lying flat and no bending right over.
- Don't rub, press or massage your jaw.
- Leave makeup off the area.
- Avoid chewing gum and very chewy food for the rest of today.

02

FIRST 24 HOURS

Take it easy

- No strenuous exercise.
- Avoid heat: hot baths and showers, saunas, steam rooms and sunbeds.
- Avoid alcohol.
- Try not to sleep with your jaw pressed into the pillow tonight.

03

FIRST 6 WEEKS

A gradual change

- No facial or jaw massage, gua sha or facial tools on the area for two weeks.
- Chewing can feel tired with tough foods for a few weeks. That is the muscle relaxing, and it passes.
- Judge your result at four to six weeks, not before.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Tenderness or a dull ache in the jaw for a day or two.
- Pinprick marks or a small bruise.
- Your jaw tiring more quickly when you chew.
- A mild headache for a day or two.

HELPING YOUR RESULT

- ✓ Paracetamol is fine if you need it and can normally take it. Avoid aspirin and ibuprofen for 24 hours unless they are prescribed for you.
- ✓ If you wear a night guard, keep wearing it unless your dentist tells you otherwise.
- ✓ Treatment every three to six months keeps the muscle relaxed and the result lasting.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- A smile that looks uneven or different from usual.
- Difficulty chewing that is bothering you.
- One side looking different from the other at six weeks.
- Bruising or swelling that is getting worse, not better.

EMERGENCY

Call 999 or go to A&E

DIAL

999

- Difficulty swallowing, speaking or breathing.
- Swelling of the face, lips, tongue or throat, a widespread rash, or wheezing.
- Sudden changes to your eyesight, or marked muscle weakness away from the treated area.

These are very rare, but they need emergency care. Say that you have had anti-wrinkle injections, and let Gwen know once you are being looked after.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Masseter treatment

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

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