

Jaw dropping

Dr Anushka Reddy of the Johannesburg Medi-Sculpt Clinic explains the role of Botox® injections in the treatment of bruxism (condition caused by teeth grinding).

good looks

A novel NEW use for BOTOX® is to slim the face. Some patients have very active jaw muscles that give their face a very square shape. These are called the masseter muscles and are located at the angle of the jaw. They are the main muscles used for chewing and biting.

Injecting BOTOX® in these muscles can reduce their size and give a square face a much more tapered or oval appearance. BOTOX® works by providing a temporary muscle relaxing effect while reducing the bulkiness of this large muscle, and thereby improving the external appearance as well as reducing muscle-clenching pain symptoms.

Many patients who grind their teeth can cause an increase in the size of the masseter muscle as well as pain, tenderness and temporo-mandibular joint (TMJ) problems. Teeth grinding or bruxism can be aggravated by stress and this condition is noted to run in families. People who clench their teeth during the day or at night mostly do so without knowing that they are doing it – they can't help themselves. Those who only grind at night only know that they are doing it if they wake up with jaw soreness or if their dentist notices that they are wearing down their teeth.

Bruxism and TMJ problems can result in headaches, earaches, facial pain, chipped teeth and chewed tissue on the inside of the mouth. Chronic grinding will often lead to enlarged masseter muscles. Grinding builds this muscle



and makes it stronger, like lifting weights! The stronger the muscle gets, the more damage clenching causes to the teeth.

However, BOTOX® is now being used to assist in the treatment of TMJ problems and bruxism. Patients experience instant relief from jaw pain, tension and headaches, and they also see a dramatic change in the way their face looks. The square, severe appearance of their lower face softens into a more normal and esthetically pleasing jaw line.

Weight lifters and body builders may also over-develop this muscle and may seek cosmetic slimming of their face with BOTOX®.

The use of BOTOX® for masseter muscle reduction is well chronicled in the Korean and Chinese medical journals. In this ethnic group, it is often desired to reduce the size of the muscles for the cosmetic purpose of making the face look less square. BOTOX® done over time is so effective that the surgery historically used to achieve the same effect is now reserved only for patients who demonstrate an actual bony prominence as the primary source of the problem.



This is a highly successful, non-surgical way to beautifully contour the lower face to create a slimmer, more feminine jaw. Visible effects take place within two to four weeks, and full effect is seen in two to three months. The effects of such BOTOX® treatments usually last for six-12 months, depending on the individual and sometimes longer if two treatments are given within four months.

Images courtesy of Dr Joe Niamtu, an American board certified plastic surgeon based in Virginia, USA

Lovely Lashes



There is great news for anyone who longs to own a pair of flirty, long eyelashes. A revolutionary new product has entered the market which focuses on the improvement of lashes, making them fuller, longer – and just plain gorgeous.

Dr Anushka Reddy of the Medi-Sculpt Clinic explains

How does Latisse™ eyelash grower work?

The active ingredient in Latisse™ eyelash grower is called bimatoprost. While the exact mechanism is unknown, it appears Latisse™ strengthens your lashes and increases the life cycle of each lash. Latisse™ also increases the colour of the lash. Thus, over the treatment course with Latisse™ eyelash grower, all of your own lashes become fuller, longer, thicker and darker.

How quickly will I see growth results with Latisse™?

The improvements that occur with Latisse™ eyelash growth doesn't happen overnight, but you may begin to notice improvements in the first couple of weeks. Your lashes will continue to become fuller, longer and darker week by week. The full results of Latisse™ occur within 16 weeks of once daily application.

How is Latisse™ Eyelash Grower applied?

Latisse™ is a clear liquid which is simply brushed on your upper eyelash-lid margin once daily. It really couldn't be easier. Glue-on lashes and extensions can be harmful to your natural lashes, and can weaken and diminish them: not to mention the cost in time and money. Latisse™ eye lash

grower is quickly and easily applied for stronger, healthier, and more beautiful natural lashes.

Can I wear mascara with Latisse™?

You certainly can, but you probably won't need to! With Latisse™ your natural lashes will be fuller, darker, and beautiful. However, for those special occasions, mascara can certainly be applied to further enhance your lush lashes. It's like having the perfect canvas to paint on.

Can men use Latisse™ Eyelash Growth?

Men like to be attractive too, and there's nothing more eye catching than beautiful eyes. Latisse™ eyelash growth will not make your eyelashes curl or look un-masculine, it will just make them more prominent and noticeable. And no one will ever know you use it, unless you tell them.

Where can I get Latisse™?

Latisse™ is a prescription product, and is currently unavailable in South Africa. However, off label use for another product with the same active ingredient can be discussed with the doctor – but your medical history will need to be reviewed to determine if Latisse™ is right for you.

