Jaw & Facial Pain *let the muscles rest.*

Most jaw, face, and temple pain is not coming from the joint itself. It comes from the chewing muscles that move it, working overtime, often all night long. This is called **myofascial pain**, and it is very treatable. This guide explains why it happens and how Dr. Gandhi helps patients find lasting relief.



Dr. Shiven Gandhi, DMD, FICOI
TMJ & myofascial pain care · Atlanta Dental Spa

DOES THIS SOUND FAMILIAR?

- ☐ Sore, tight, or tired jaw when you wake up
- ☐ Headaches at the temples, often in the morning
- ☐ Clicking, popping, or a jaw that feels "stuck"
- ☐ Worn, chipped, or sensitive teeth
- ☐ Ear fullness or pain with a normal ear exam
- ☐ Tension in the face, neck, and shoulders
- ☐ Waking up tired even after a full night in bed

If you checked even two, your jaw muscles may be working while you sleep.

The good news: overworked muscles can be calmed, and the joint and teeth can be protected. Most patients feel a real difference within weeks.

FIRST STEP	TREATMENT	BOTOX TARGETS	INVESTMENT
MYOFASCIAL EXAM	**GUARD + TMJ BOTOX**	**MASSETER · TEMPORALIS**	**$1,703 TOGETHER**

THE GANDHI APPROACH

01

Find the why

A hands-on exam of your joints, muscles, and jaw movement, plus a look at what is driving the clenching: sleep position, sleep quality, and stress.

02

Quiet the muscles

TMJ Botox relaxes the masseter and temporalis, the two muscles that do the clenching, so they can no longer overload your jaw.

03

Protect the jaw

A custom occlusal guard cushions your bite at night, protects your teeth, and lets the joint and muscles recover.

WHY IT HURTS

Your jaw muscles are *working the night shift.*

The masseter and temporalis are some of the strongest muscles in your body for their size. When something keeps triggering them during sleep, they clench and grind for hours. Like any muscle held tight too long, they become sore, develop tender knots (trigger points), and refer pain to the temples, ears, and neck.

That is why treating the teeth alone rarely solves it. Lasting relief comes from two things: **calming the overworked muscles** and **understanding what keeps switching them on**. For most patients, the trigger is one of three things below, and often a combination.

THE PAIN CYCLE

1. **A trigger** — Sleep position, a narrowing airway, or a stressed mind.
2. **Brain arousal** — Brief micro-wakings you never remember.
3. **Clench & grind** — Jaw muscles fire at full force, again and again.
4. **Muscle overload** — Fatigue, knots, and strain on the joint.
5. **Pain & poor sleep** — Which makes the next night's clenching worse.

↻ AND THE CYCLE REPEATS, NIGHT AFTER NIGHT, UNTIL SOMETHING BREAKS IT.

THREE COMMON TRIGGERS

Sleep position

Side and stomach sleeping press the pillow into your jaw for hours, pushing it off-center and loading one joint and its muscles. Side sleeping is the most common culprit we see. Back sleeping keeps the jaw neutral.

Microarousals from sleep apnea

When the airway narrows during sleep, the brain jolts awake for a moment to reopen it, and the jaw often clenches or juts forward as part of that rescue. This can happen dozens of times an hour without you knowing.

SNORING? WAKING TIRED? ASK ABOUT A SLEEP SCREENING.

Stress & an overstimulated brain

When the nervous system stays in "high alert," sleep gets lighter and the body braces, and the jaw is where many of us hold that tension. Busy seasons, deadlines, and caffeine late in the day all feed it.

HOW YOU SLEEP MATTERS



BEST

On your back

Jaw rests neutral with no pillow pressure on either joint.



AVOID

On your stomach

Head twisted to one side, jaw pressed into the pillow all night.



WORST FOR TMJ

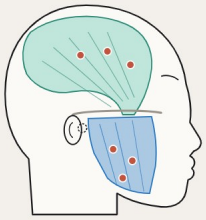
On your side

The pillow pushes the jaw sideways, straining one joint and its muscles.

GUARD + TMJ BOTOX

Two treatments. *One quiet jaw.*

Together, they break the pain cycle from both sides: Botox lowers how hard the muscles can clench, and the guard protects your teeth and joints from whatever force remains.



- **Temporalis** Fan-shaped muscle at the temple; a classic source of morning tension headaches.
- **Masseter** Thick muscle at the angle of the jaw; the main power behind clenching and grinding.
- **Treatment sites** Small, precise doses on both sides, mapped to your exam findings.

01

Custom occlusal guard

HARD FULL-ARCH NIGHT GUARD · D9944

A precision-fit appliance worn while you sleep. It does not stop clenching on its own, but it changes what that clenching can do.

- Spreads biting forces evenly across your teeth
- Protects enamel, crowns, and veneers from wear and chipping
- Lets the jaw joint settle into a supported position

02

TMJ Botox

60 UNITS · MASSETER & TEMPORALIS

A quick in-office treatment that gently relaxes the overworked muscles, so they can no longer clench at full strength.

- Reduces clenching force and the soreness that follows
- Eases tension headaches at the temples
- Builds over ~2 weeks; typically lasts 3 to 4 months

WHY TOGETHER

"Botox turns the volume down. The guard protects you from what's left."

Botox alone
Muscles relax, but teeth and joints are unprotected from the clenching that remains.

Guard alone
Teeth are protected, but the muscles keep working at full force and stay sore.

WHAT TO EXPECT

VISIT 1
1 Exam & scans
Myofascial exam of your joints, muscles, and jaw motion, plus scans for your guard.

SAME OR NEXT VISIT
2 TMJ Botox
About 15 minutes with a fine needle. No downtime; back to your day right away.

VISIT 2
3 Guard delivery
Your guard is fitted and fine-tuned to your bite, with wear and care tips.

EVERY 3–4 MONTHS
4 Maintain
Botox refreshed as needed; many patients need it less often over time.

HELP YOUR JAW HEAL AT HOME

Small habits, *big relief.*

These habits calm sore muscles between visits and help your treatment work faster.

Lips together, teeth apart
At rest, lips closed and teeth slightly apart. Check in through the day.

Sleep on your back
A supportive pillow under the neck and knees makes it easier to stay there.

Moist heat
A warm, damp towel over the jaw and temples relaxes tight muscles. Avoid burns.

Ice for flare-ups
Wrapped in a cloth, 10 to 15 minutes at a time, never directly on skin.

Soft foods during flares
Skip hard, crunchy, and chewy foods. Cut fruit small instead of biting wide.

Support your yawns
Rest a fist under your chin to keep the jaw from opening too wide.

Slow the breath
Deep, slow breathing, stretching, yoga, or meditation before bed quiets the nervous system.

Short-term pain relief
Over-the-counter anti-inflammatories can help briefly. Follow the label or our advice.

PLEASE AVOID Gum chewing · daytime clenching · cradling the phone on your shoulder · nail or pen biting · late-day caffeine

YOUR INVESTMENT

COMPLETE RELIEF PLAN
$1,703
GUARD + TMJ BOTOX COMPLETED TOGETHER

Custom occlusal guard HARD FULL-ARCH NIGHT GUARD · D9944	$803
TMJ Botox 60 UNITS · MASSETER & TEMPORALIS	$900
Recommended together FOR THE FASTEST, MOST COMPLETE RELIEF	$1,703

Each treatment is also available on its own. Botox maintenance is priced per treatment, typically every three to four months.



"Your teeth are only intended to touch while eating. Anything more is considered Para-Function."

DR. SHIVEN GANDHI, DMD, FICOI

BOOK YOUR TMJ EXAM
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Use of Botox for jaw muscle pain and clenching is considered off-label. Results vary, and your exam determines whether this treatment is right for you. Insurance coverage for occlusal guards varies by plan; we are happy to provide what your insurer needs. Fees confirmed at your consultation.