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| Gummy Smile Treatment  |



**What is a gummy smile ?**

A gummy smile is not considered a medical problem, its more to do with personal perception of too much gum being on show when a person smiles.

**Causes include**

* A hyperactive muscle that lifts the lips above the gum when a person smiles
* Short upper lip
* Enlarged gums

**How can it be treated ?**

There are different ways to treat a gummy smile which include attending an orthodontist and having an assessment, surgery is another option but cannot be discussed in this leaflet.

Botulinum toxin type A is an alternative and may be suitable.

Botulinum toxin is injected, using a fine needle, into the target muscle to temporarily block the nerve signal, resulting in weakening of the muscle action which can result in an improvement in the appearance of a gummy smile, as the muscle will not lip the upper lip as high.

**Appointment and follow up**

The appointment time shouldn’t take more than 15 minutes for the treatment of a gummy smile alone. This can be followed up with a review at 2 weeks – this may not be necessary, especially if you are happy with the outcome. However, you may need some further units of botulinum toxin injected into the area.

**Re-treatment**

You can have the area re treated in 12-16 weeks if needed. Contact your practitioner to discuss,

**Side effects/risks**

* Temporary bleeding/bruising
* Mild swelling
* Post-treatment headache
* Drooping lip/ lopsided smile
* difficulty pronouncing some words

**Am I suitable for the treatment?**

You may not be suitable for treatment if any of the following apply:

* Botulinum toxin is generally only recommended to those aged between 25 to 65, although it may be used off-license for people outside this age range.
* Botulinum toxin cannot be given to pregnant or breast-feeding women and is not recommended if you are actively trying to get pregnant.
* Patients with certain neurological disorders (such as myasthenia gravis).
* You are currently taking certain medicines (including antibiotics, such as clindamycin).
* You have previously experienced adverse reactions to any botulinum toxin treatment.
* Treatment is not recommended if you are suffering from any skin infection in or near the treatment area, including cold sores.
* You are unwell, including coughs and colds, on the day of treatment.
* You are taking any medicines which affect bleeding, such as aspirin or warfarin.

#### **It is important to be honest about your medical history, previous surgery, previous or planned dental treatment and any medication taken, so that you can have a safe and effective treatment**

## **Pre Treatment advice**

Avoid taking anti-inflammatories (such as aspirin, ibuprofen, naproxen) for 3 days prior to treatment (unless this has been prescribed by your doctor) as this increases the risk of bruising.

Alcohol, fish oils, St. John’s Wort, Gingko Biloba, garlic and Vitamin E should also be avoided for 3 days prior to treatment to lessen the risk of bruising.

if you are prone to bruising, taking arnica orally for a few days prior to treatment may lessen the risk.

If you are unwell on the day of your appointment, contact the practitioner to reschedule.

Ensure your practitioner is informed if there are any changes in your medical history or medication taken before receiving any treatment.

Do not plan to have treatment within 2 weeks of an important social event or holiday as this may not allow enough time to have some correction if the desired result is not achieved.

**Post Treatment advice**

You will be given a separate post treatment advice leaflet