

Understanding the Conditions

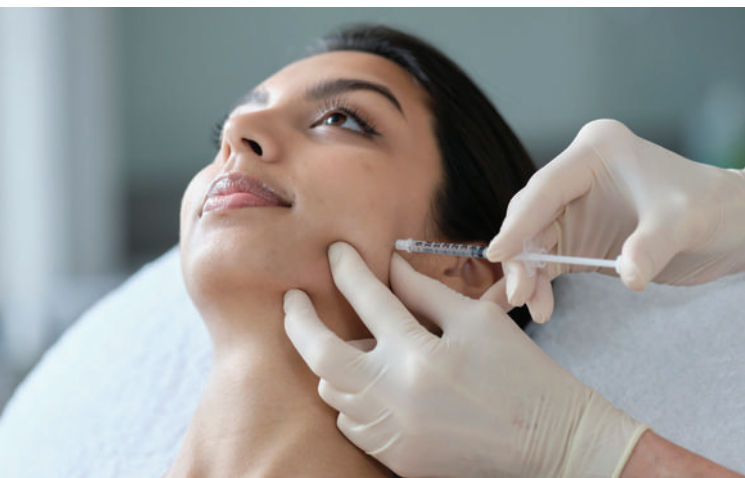
Chronic Headaches & Migraines

Chronic headaches and migraines can significantly impact daily life, affecting concentration, comfort, and overall wellbeing. Many patients experience symptoms that persist despite lifestyle changes or medication.

Bruxism (Teeth Grinding & Jaw Clenching)

Bruxism involves involuntary clenching or grinding of the teeth, often during sleep. It can lead to jaw discomfort, tension headaches, facial pain and dental wear.

Botulinum toxin offers a clinically recognised option for reducing muscle overactivity associated with these conditions.



Dr. Hilary Allan
Medical Director



Dr. Mervyn Patterson
Medical Director

Cutting Edge Treatments:

Botox® Treatments for:

- Lines and wrinkles
- Nefertiti neck lift
- Underarm sweating
- Teeth grinding
- Migraines

Dermal Filler Treatments for:

- Lines and wrinkles
- Facial volumisation
- Lip enhancement

Biostimulators for face & body:

- Profhilo
- Polynucleotides
- Sunekos®

Surgical Procedures:

- Upper and lower eye lid surgery
- Moles and Milia removal
- Fat dissolving injections
- Sclerotherapy for leg veins

IPL, Laser and Radiofrequency treatments:

- UltraClear™
- BBL/Moxi laser.
- Radiofrequency skin tightening for face and body
- Hair removal
- Fractional skin resurfacing

Advanced Rejuvenation Treatments:

- Skin Peels
- Microneedling
- Dermaplaning
- Medical Microdermabrasion
- JetPeel

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Why Choose Our Doctor-Led Clinic

- Treatments performed exclusively by medically qualified clinicians
- Expertise in advanced therapeutic applications of botulinum toxin
- Calm, regulated and discreet clinical environment
- Personalised assessment and follow-up
- A reputation built on safety, precision, and patient trust



Your Treatment Journey

Consultation

Your doctor will take a detailed medical history, assess your symptoms and determine whether botulinum toxin is a suitable option for you.

The Procedure

- The skin is cleansed and prepared.
- Small, precise injections are placed into targeted muscle groups.
- Treatment typically takes 15–20 minutes.
- Most patients describe the procedure as quick and easily tolerated.

Aftercare

- Normal activities can usually be resumed immediately.
- Avoid strenuous exercise, saunas, and hot baths for 24 hours.
- Do not rub or massage the treated areas.

When to Expect Results

- Early improvement may be noticed within 3–7 days.
- Full results develop by 2 weeks.
- Effects typically last 3–6 months, depending on the individual and the condition being treated.

Safety & Side Effects

Botulinum toxin has an excellent safety profile when administered by trained medical professionals.

Temporary effects may include mild redness, swelling, or light bruising at injection sites.

Your doctor will discuss suitability, expectations and any considerations during your consultation.



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The PREEMPT Technique

For chronic migraine, clinicians may use the PREEMPT (Phase III Research Evaluating Migraine Prophylaxis Therapy) protocol, an established injection pattern developed through clinical research.

This structured approach involves treating specific muscle groups across the head and neck to help reduce migraine frequency over time.

Your doctor will assess whether this technique is appropriate for your symptoms.

How Botulinum Toxin Helps

Botulinum toxin works by gently relaxing overactive muscles, reducing the tension that contributes to headaches, migraines and bruxism.

For Headaches & Migraines

Botulinum toxin can help reduce the frequency and intensity of symptoms by targeting specific muscle groups involved in chronic tension and migraine pathways.

For Bruxism

By relaxing the overactive jaw muscles, botulinum toxin can help ease clenching, reduce associated discomfort and soften the appearance of an enlarged jaw area.

This treatment is not a cure, but many patients experience meaningful symptom relief and improved quality of life.

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