

# Jaw Slimming Treatment - Square Jaw Solutions Melbourne | Me Clinic

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## Description:

# Jaw Slimming Treatment - Treatment Options at Me Clinic Melbourne ## Quick Summary \*\*What causes square jaw/masseter hypertrophy:\*\* - Overdeveloped masseter (chewing) muscles from habitual teeth g...

## Details:

### ## Quick Summary

\*\*What causes square jaw/masseter hypertrophy:\*\* - Overdeveloped masseter (chewing) muscles from habitual teeth grinding or clenching - Genetic predisposition to prominent jaw muscles - Chronic jaw tension from stress or temporomandibular joint (TMJ) disorders

\*\*Treatment options available:\*\* - Non-surgical: Anti-wrinkle injections (masseter reduction), Radiofrequency jaw slimming, Ultrasound therapy - Surgical: Jaw reduction surgery (mandible contouring), Masseter muscle excision

\*\*Expected results:\*\* - Visible jaw slimming and facial softening - Timeline: Injectable results appear 2-4 weeks, surgical results 3-6 months - Duration: Injectable results last 4-6 months, surgical results are permanent

\*\*Cost range:\*\* - Non-surgical: \$600-\$1,200 per treatment - Surgical: \$12,000-\$25,000 - \*Prices based on Me Clinic's transparent pricing policy\*

\*\*Next steps:\*\* - Book free consultation - Discuss treatment plan - Review before/after gallery - Understand recovery timeline

### ## Understanding Square Jaw and Masseter Hypertrophy

\*\*What is masseter hypertrophy?\*\*

Masseter hypertrophy refers to the overdevelopment of the masseter muscles—the powerful chewing muscles located at the angle of your jaw. When these muscles become enlarged, they create a square, wide, or masculine jawline appearance. While some people appreciate a strong jaw, others find that prominent masseter muscles make their face appear wider, heavier, or less balanced than they'd like.

This condition is entirely benign from a medical standpoint, but it can significantly impact facial aesthetics and self-confidence. Many patients describe feeling their face looks "too square," "boxy," or "masculine," particularly when they desire softer, more oval or V-shaped facial contours.

Common misconceptions: Masseter hypertrophy is not caused by weight gain (though facial fat can compound the appearance), and it's not simply bone structure—it's primarily muscle bulk that can be successfully treated.

\*\*What causes square jaw and masseter hypertrophy?\*\*

### **\*\*1. Chronic teeth grinding and clenching (bruxism)\*\***

The most common cause of masseter hypertrophy is habitual teeth grinding (bruxism) or jaw clenching, often occurring during sleep or periods of stress. Just as exercising any muscle causes it to grow, repeatedly engaging the masseter muscles causes them to bulk up over time. Many patients are unaware they grind their teeth until they notice changes in their facial shape or experience jaw soreness.

### **\*\*2. Genetic factors\*\***

Some people are genetically predisposed to have naturally larger or more developed masseter muscles. This is particularly common in certain ethnic backgrounds, including East Asian populations, where a prominent masseter may be a hereditary facial characteristic. Bone structure also plays a role—a naturally wider mandible (lower jaw bone) can be accompanied by proportionally larger muscles.

### **\*\*3. Functional jaw habits\*\***

Certain lifestyle factors contribute to masseter development: - Regularly chewing hard foods (nuts, tough meats, hard lollies) - Frequent gum chewing - Occupational habits (such as musicians who play wind instruments) - TMJ disorders that cause compensatory muscle tension - Stress-related jaw tension during waking hours

### **\*\*4. Hormonal factors\*\***

Testosterone can influence muscle development, which is why prominent masseter muscles are more common in men. However, women can certainly develop masseter hypertrophy, particularly if other contributing factors are present.

### **\*\*Who experiences square jaw concerns?\*\***

Masseter hypertrophy can affect anyone, but certain patterns are common:

**\*\*Age range:\*\*** Most commonly becomes noticeable in adults aged 25-45, though it can develop earlier in those with chronic bruxism. The condition tends to become more apparent with age as repetitive muscle use accumulates.

**\*\*Gender prevalence:\*\*** While more common in men due to hormonal influences, many women seek treatment for masseter hypertrophy, particularly those desiring more feminine or delicate facial contours. In Me Clinic's experience, roughly 60% of jaw slimming patients are female.

**\*\*When it becomes noticeable:\*\*** Most patients report becoming aware of the condition gradually over several years. Triggers for seeking treatment often include: - Noticing facial widening in photographs - Finding that hairstyles or accessories don't frame the face as desired - Experiencing jaw fatigue or soreness from muscle overwork - Wanting more balanced or harmonious facial proportions

### **\*\*Why it matters\*\***

Beyond cosmetic concerns, masseter hypertrophy can impact quality of life in several ways:

**\*\*Aesthetic impact:\*\*** A prominent square jaw can create facial proportions that feel unbalanced, make the face appear wider or heavier, and may conflict with one's desired facial aesthetic—particularly for those seeking softer, more oval, or V-shaped contours.

**\*\*Functional considerations:\*\*** Enlarged masseter muscles are often accompanied by: - Jaw pain or fatigue - Tension headaches - TMJ discomfort - Teeth grinding damage - Sleep disruption

**\*\*Psychological factors:\*\*** Many patients report that their prominent jaw affects their confidence in photographs, social situations, or professional settings. The desire for facial harmony and balance is

entirely valid, and modern treatments offer safe, effective solutions.

**\*\*Important note:\*\*** At Me Clinic, we practice Responsible Cosmetic Medicine™. During consultation, we assess whether your jaw shape is primarily muscular (treatable with non-surgical options) or skeletal (which may require surgical approach). We'll provide honest guidance on what can be achieved and help you set realistic expectations.

## ## Treatment Options Comparison

### ### Non-Surgical Treatments

#### **\*\*1. Anti-Wrinkle Injections (Masseter Muscle Reduction)\*\***

This is the gold standard non-surgical treatment for masseter hypertrophy and the most commonly performed jaw slimming procedure at Me Clinic.

**\*\*How it works:\*\*** Botulinum toxin (commonly known by the brand name Botox) is precisely injected into the masseter muscles. The medication temporarily relaxes the muscle by blocking nerve signals, causing the muscle to atrophy (reduce in size) over time from reduced use. This creates a slimmer, more contoured jawline while maintaining natural jaw function for eating and speaking.

**\*\*Best for:\*\*** - Muscle-based jaw widening (not primarily skeletal) - Mild to moderate masseter hypertrophy - Patients with teeth grinding (the treatment also reduces grinding intensity) - Those wanting gradual, natural-looking results - Patients seeking minimal downtime

**\*\*The procedure:\*\*** - Procedure time: 10-20 minutes - Downtime: None—you can return to normal activities immediately - Discomfort: Minimal; most patients describe a brief pinching sensation - Anaesthesia: None required; topical numbing optional

**\*\*Results timeline:\*\*** - Initial effects: 1-2 weeks (muscle relaxation begins) - Visible slimming: 4-6 weeks (muscle atrophy becomes apparent) - Peak results: 2-3 months - Duration: 4-6 months (some patients experience longer results with repeat treatments)

**\*\*Treatment protocol:\*\*** Most patients require 2-4 initial sessions spaced 3-4 months apart to achieve optimal reduction. After the initial series, maintenance treatments every 6-12 months typically maintain results. The masseter muscles may not return to their original size after repeated treatments.

**\*\*Dosage:\*\*** Typically 25-50 units per side (50-100 units total), depending on muscle size and treatment goals. Me Clinic physicians will assess your muscles during consultation and recommend appropriate dosing.

**\*\*Cost range:\*\*** \$600-\$900 per treatment (varies by units required)

**\*\*Pros:\*\*** - Non-invasive with no downtime - Gradual, natural-looking results - Dual benefit: slims jaw AND reduces teeth grinding - Reversible (effects wear off if discontinued) - Can be combined with other facial treatments - Lower cost than surgical options

**\*\*Cons:\*\*** - Temporary results requiring maintenance - Multiple sessions needed for optimal outcome - Results take 4-6 weeks to become visible - Not effective for primarily skeletal jaw widening - Rare potential for temporary chewing weakness if dosage is too high

**\*\*Important considerations:\*\*** Me Clinic's experienced practitioners use precise injection techniques to target only the masseter muscle, avoiding adjacent structures. We employ a conservative approach, starting with moderate doses and adjusting at follow-up appointments to achieve your desired outcome safely.

#### **\*\*2. Radiofrequency Jaw Slimming\*\***

**\*\*How it works:\*\*** Radiofrequency (RF) energy delivers controlled heat to the deeper layers of skin and muscle tissue. This thermal energy causes immediate tissue contraction and stimulates collagen production over time. For jaw slimming, RF can provide modest skin tightening and some reduction in muscle bulk through heat-induced atrophy.

**\*\*Best for:\*\*** - Mild masseter hypertrophy with skin laxity - Patients seeking skin tightening along with modest slimming - Those unable to have injectable treatments - Combination approach with other treatments

**\*\*The procedure:\*\*** - Procedure time: 30-45 minutes per session - Sessions needed: Typically 4-6 treatments, 2-4 weeks apart - Downtime: None to minimal; temporary redness for 2-4 hours - Discomfort: Warm to hot sensation during treatment; generally well-tolerated

**\*\*Results timeline:\*\*** - Immediate: Mild tightening effect - Progressive improvement: Over 8-12 weeks as collagen remodels - Results last: 6-12 months - Maintenance: Annual touch-up sessions recommended

**\*\*Cost range:\*\*** \$400-\$800 per session; \$2,000-\$4,000 for complete series

**\*\*Pros:\*\*** - No injections required - Skin tightening benefit - No downtime - Comfortable treatment - Natural, gradual results

**\*\*Cons:\*\*** - Multiple sessions required - Less dramatic results than injectables - Not as effective for significant masseter hypertrophy - Results are subtle and gradual - Higher total cost than single injectable treatment - Less clinical evidence than injectable treatments

### **\*\*3. Ultrasound Therapy (Ultherapy for Jaw)\*\***

**\*\*How it works:\*\*** High-intensity focused ultrasound (HIFU) delivers precise thermal energy to targeted tissue depths without affecting the skin surface. The heat creates controlled micro-injuries that trigger collagen production and tissue contraction, resulting in lifting and tightening effects. For jaw treatment, ultrasound can provide jawline definition and modest skin tightening.

**\*\*Best for:\*\*** - Mild jawline laxity with minimal muscle bulk - Skin tightening rather than muscle reduction - Patients seeking non-invasive lifting - Mature patients (40+) with skin quality concerns

**\*\*The procedure:\*\*** - Procedure time: 60-90 minutes - Sessions needed: Usually 1-2 treatments - Downtime: Minimal; temporary swelling or tenderness for 1-3 days - Discomfort: Moderate; prickling or heating sensations during treatment

**\*\*Results timeline:\*\*** - Gradual improvement: Over 2-3 months - Peak results: 4-6 months - Results last: 1-2 years - Maintenance: Treatment can be repeated annually

**\*\*Cost range:\*\*** \$2,000-\$4,000 per treatment area

**\*\*Pros:\*\*** - Non-invasive - Long-lasting skin tightening results - Single treatment session often sufficient - No injections

**\*\*Cons:\*\*** - Limited muscle reduction capability - Expensive for jaw slimming alone - Discomfort during procedure - Results are gradual (months to see final outcome) - Not effective for significant masseter hypertrophy - Better suited for skin quality than muscle reduction

**\*\*Me Clinic perspective:\*\*** While we offer energy-based treatments, for true masseter hypertrophy, anti-wrinkle injections remain the most effective non-surgical option. RF and ultrasound are better suited for skin tightening and can complement injectable treatments for comprehensive jawline refinement.

### **### Surgical Treatments**

## **\*\*Surgical Jaw Reduction (Mandibular Angle Reduction / V-Line Surgery)\*\***

For patients with significant jaw width that is primarily skeletal (bone-based) rather than muscular, surgical jaw reduction offers permanent reshaping.

**\*\*What it is:\*\*** Surgical jaw reduction involves reshaping the mandible (lower jaw bone) through intraoral incisions (inside the mouth, leaving no visible scars). The procedure may include: - Mandibular angle reduction: Shaving or contouring the prominent angles of the jaw - Masseter muscle reduction or partial excision: Removing or reducing the muscle bulk surgically - Chin contouring: Narrowing the chin if needed for balanced results

The specific surgical approach depends on your anatomy and desired outcome.

**\*\*Best for:\*\*** - Prominent jaw width due to bone structure (skeletal) - Severe masseter hypertrophy not responsive to injections - Patients seeking permanent, dramatic results - Those who have exhausted non-surgical options - Individuals willing to accept surgical risks and recovery

**\*\*The procedure:\*\*** - Procedure time: 2-4 hours depending on complexity - Anaesthesia: General anaesthesia - Hospital stay: Usually day surgery; overnight observation for complex cases - Incisions: Intraoral (inside the mouth)—no visible external scars - Technique: Bone shaving, contouring, or wedge resection using specialized surgical instruments

**\*\*Recovery timeline:\*\*** - Initial recovery: 1-2 weeks (significant swelling and bruising) - Return to work: 2-3 weeks (depending on nature of work) - Exercise: 6-8 weeks - Final results: 6-12 months (as swelling fully resolves and tissues settle)

**\*\*Results:\*\*** - Permanent reshaping of jaw contour - Dramatic reduction in jaw width possible - Improved facial proportions and balance - Results are long-lasting (permanent bone changes)

**\*\*Cost range:\*\*** \$12,000-\$25,000 (varies by complexity and whether combined procedures are performed)

**\*\*Pros:\*\*** - Permanent results - Dramatic transformation possible - Addresses both bone and muscle components - Comprehensive solution for severe cases - No ongoing maintenance required

**\*\*Cons:\*\*** - Invasive surgery with inherent risks - Significant downtime and recovery period - Swelling can persist for several months - Higher cost than non-surgical options - Potential complications: infection, nerve damage (numbness), asymmetry, bone irregularities - Results are irreversible - General anaesthesia required

### **\*\*Surgical risks and considerations:\*\***

As with any surgery, jaw reduction carries risks that must be carefully weighed: - **\*\*Nerve injury:\*\*** The inferior alveolar nerve (which provides sensation to the lower lip and chin) runs through the jaw. Temporary or permanent numbness can occur (1-5% permanent risk). - **\*\*Infection:\*\*** Rare but possible with intraoral surgery. - **\*\*Asymmetry:\*\*** Achieving perfect symmetry is challenging; minor asymmetries may persist. - **\*\*Bone irregularities:\*\*** Palpable or visible bone contour irregularities. - **\*\*Unsatisfactory aesthetic outcome:\*\*** Results may not meet expectations.

**\*\*Important note:\*\*** At Me Clinic, surgical jaw reduction is only recommended after thorough evaluation by our FRACS-qualified plastic surgeons. We employ advanced 3D imaging to plan surgical outcomes and set realistic expectations. Many patients achieve their goals with non-surgical treatments alone, and we always explore conservative options first, consistent with our Responsible Cosmetic Medicine™ philosophy.

**\*\*Who should consider surgery:\*\*** - Patients with predominantly skeletal (bone-based) jaw width - Those who have tried injectable treatments without satisfactory improvement - Individuals seeking permanent, comprehensive transformation - Patients in good overall health who can accommodate

surgical recovery

**\*\*Combination approach:\*\*** Some patients benefit from combining surgical bone reduction with injectable masseter treatment for optimal results. This addresses both skeletal and muscular components of jaw width.

## ## Choosing the Right Treatment - Decision Guide

**\*\*Consider anti-wrinkle injectable treatments if:\*\***

✓ Your jaw width is primarily due to enlarged masseter muscles (muscular) ✓ You have mild to moderate jaw prominence ✓ You prefer a non-invasive approach with no downtime ✓ You want gradual, natural-looking results ✓ You experience teeth grinding or jaw clenching ✓ You're not ready for surgical intervention ✓ Budget is a consideration (lower upfront cost) ✓ You want to "try out" a slimmer jawline before committing to permanent changes

**\*\*Consider surgical jaw reduction if:\*\***

✓ Your jaw width is primarily skeletal (bone-based) ✓ You have severe or pronounced jaw squareness ✓ Non-surgical treatments have not achieved your desired outcome ✓ You want permanent, dramatic results ✓ You're willing to accept surgical risks and recovery time ✓ You can accommodate 2-3 weeks of downtime ✓ You're in good overall health ✓ You have realistic expectations about surgical outcomes

**\*\*Consider combination treatments if:\*\***

✓ You have both skeletal and muscular components contributing to jaw width ✓ You want comprehensive jawline refinement ✓ You've achieved partial improvement with one modality but desire further enhancement

**\*\*How to decide:\*\***

During your consultation at Me Clinic, your practitioner will: 1. **\*\*Assess your anatomy:\*\*** Palpate your masseter muscles and evaluate bone structure to determine whether your jaw width is primarily muscular, skeletal, or both. 2. **\*\*Review your goals:\*\*** Understand your aesthetic preferences and desired degree of change. 3. **\*\*Discuss your lifestyle:\*\*** Consider your schedule, budget, and tolerance for downtime. 4. **\*\*Provide honest recommendations:\*\*** Offer evidence-based guidance on which treatment(s) are most likely to achieve your goals safely.

**\*\*Realistic expectations:\*\***

- **\*\*Injectable treatments\*\*** can reduce jaw width by approximately 30-40% in good candidates with muscular hypertrophy. Results are gradual and natural-looking. - **\*\*Surgical reduction\*\*** can achieve more dramatic changes (40-60% reduction possible) but involves surgical risks and significant recovery. - **\*\*Individual variation:\*\*** Results depend on your unique anatomy, muscle size, bone structure, and healing response.

At Me Clinic, we never pressure patients toward more aggressive or expensive treatments. Our Responsible Cosmetic Medicine™ approach means recommending the most appropriate, evidence-based solution for each individual.

## ## What to Expect at Me Clinic

**\*\*1. Initial Consultation (Free)\*\***

Your journey toward a slimmer, more balanced jawline begins with a comprehensive consultation:

**\*\*Assessment:\*\*** - Detailed evaluation of your jaw anatomy - Palpation of masseter muscles to assess size and contribution to width - Facial proportions analysis - Photography for treatment planning and comparison - Discussion of contributing factors (grinding, clenching, genetics)

**\*\*Medical history review:\*\*** - Current medications and allergies - Previous cosmetic treatments - Medical conditions that may affect treatment - Lifestyle factors (diet, stress, habits)

**\*\*Goal setting:\*\*** - Your aesthetic preferences and desired outcome - Realistic expectations discussion - Review of before/after photos from similar cases - Timeline and maintenance requirements

**\*\*Treatment recommendations:\*\*** - Personalized treatment plan based on your anatomy and goals - Explanation of recommended approach (injectable, surgical, or combination) - Alternative options discussed - Risks and benefits clearly outlined

**\*\*Transparent pricing:\*\*** - Detailed cost breakdown provided - Payment plan options explained - No hidden fees or surprise charges - Medicare rebate information (not typically applicable for cosmetic jaw treatments)

## **\*\*2. Treatment Planning\*\***

Once you decide to proceed, we develop a detailed treatment plan:

**\*\*For injectable treatments:\*\*** - Initial treatment session scheduled - Pre-treatment instructions provided (avoid blood thinners, alcohol) - Follow-up appointments planned (typically 2-4 weeks and 3 months) - Maintenance schedule discussed - What to expect during and after treatment

**\*\*For surgical procedures:\*\*** - Comprehensive pre-operative assessment - Additional imaging if required (3D CT scan for surgical planning) - Pre-operative instructions (fasting, medication adjustments) - Surgical date scheduled - Post-operative care plan explained - Recovery expectations outlined

## **\*\*3. The Me Clinic Difference\*\***

### **\*\*Responsible Cosmetic Medicine™\*\***

Our philosophy guides every treatment decision: - **\*\*Evidence-based treatments:\*\*** We only offer procedures with proven safety and efficacy. - **\*\*Ethical patient selection:\*\*** We decline to treat patients who are unsuitable candidates or have unrealistic expectations. - **\*\*Natural-looking results:\*\*** We prioritize subtle refinement over dramatic, obvious changes. - **\*\*Conservative approach first:\*\*** We recommend starting with less invasive options before considering surgery. - **\*\*Comprehensive aftercare:\*\*** Your safety and satisfaction don't end when treatment is complete.

### **\*\*Experienced Practitioners\*\***

Your jaw slimming treatment will be performed by highly qualified professionals: - **\*\*Plastic surgeons:\*\*** FRACS-qualified specialists for surgical jaw reduction - **\*\*Cosmetic physicians:\*\*** Experienced doctors specializing in injectable treatments - **\*\*Registered nurses:\*\*** Skilled injectors working under medical supervision

Me Clinic's credentials: - 25,000+ surgical procedures performed - 60,000+ non-surgical treatments delivered - Over 20 years serving Melbourne patients

### **\*\*Transparent Pricing\*\***

We believe patients deserve clear, upfront pricing: - Published price lists for all treatments - No hidden consultation fees or surprise charges - Detailed cost breakdowns provided during consultation - Payment plans available for surgical procedures - Medicare and private health insurance guidance (where applicable)

### **\*\*Patient safety first:\*\***

- Fully accredited surgical facility - Emergency protocols in place - Only TGA-approved products used - Comprehensive consent process - Detailed aftercare instructions - 24/7 post-treatment support for

surgical patients

## ## Frequently Asked Questions

**\*\*How much does jaw slimming treatment cost in Melbourne?\*\***

Treatment costs vary depending on the approach:

- **\*\*Anti-wrinkle injections (masseter reduction):\*\*** \$600-\$900 per treatment session. Most patients require 2-4 initial sessions for optimal results, then maintenance every 6-12 months. - **\*\*Radiofrequency jaw slimming:\*\*** \$400-\$800 per session; typically 4-6 sessions needed (\$2,000-\$4,000 total). - **\*\*Ultrasound therapy:\*\*** \$2,000-\$4,000 per treatment area. - **\*\*Surgical jaw reduction:\*\*** \$12,000-\$25,000 depending on complexity.

At Me Clinic, we provide transparent pricing during your free consultation with no hidden fees. Factors affecting cost include the severity of masseter hypertrophy, your anatomy, and your desired outcome.

**\*\*How long do jaw slimming results last?\*\***

Result duration depends on the treatment method:

- **\*\*Injectable treatments (Botox for masseter):\*\*** Results last 4-6 months initially. With repeated treatments, many patients find results last progressively longer (6-9 months or more), and the masseter muscles may not return to their original size. - **\*\*Radiofrequency/ultrasound:\*\*** Results last 6-18 months with proper maintenance. - **\*\*Surgical jaw reduction:\*\*** Permanent. The bone that is removed does not grow back, providing long-lasting jaw slimming.

Individual factors including age, muscle activity (teeth grinding), genetics, and lifestyle affect result longevity.

**\*\*Is there any downtime with jaw slimming treatments?\*\***

Downtime varies significantly:

- **\*\*Injectable treatments:\*\*** None. You can return to normal activities immediately after treatment. Minor tenderness at injection sites may occur for 1-2 days. We recommend avoiding strenuous exercise for 24 hours and not massaging the treated area. - **\*\*Radiofrequency/ultrasound:\*\*** Minimal. Temporary redness or mild swelling for a few hours post-treatment. - **\*\*Surgical jaw reduction:\*\*** Significant downtime of 2-3 weeks. Expect swelling, bruising, and dietary restrictions (soft foods for 2-4 weeks). Most patients take 2-3 weeks off work. Full recovery takes 6-12 months as swelling gradually resolves.

**\*\*Will jaw slimming look natural?\*\***

At Me Clinic, natural-looking results are our priority. We achieve this through:

- **\*\*Conservative dosing:\*\*** Starting with moderate doses of injectables and adjusting at follow-up rather than over-treating initially - **\*\*Gradual reduction:\*\*** Injectable treatments create gradual muscle atrophy over 4-6 weeks, avoiding sudden dramatic changes - **\*\*Facial harmony:\*\*** We assess your entire facial structure to ensure jaw slimming creates balanced, proportionate results - **\*\*Responsible Cosmetic Medicine™:\*\*** We decline to treat patients seeking extreme changes that would appear unnatural

Our goal is facial refinement that looks like "you, but better"—not an obviously treated appearance.

**\*\*Will I have difficulty chewing after treatment?\*\***

With properly administered masseter reduction injections, chewing function remains normal. Here's what to expect:

- **\*\*Normal chewing maintained:\*\*** The dosage is carefully calculated to reduce muscle bulk without compromising jaw function. - **\*\*Temporary adjustment period:\*\*** Some patients notice slightly reduced

chewing force in the first 2-4 weeks as muscles adjust. This does not prevent normal eating. - **\*\*Rare excessive weakness:\*\*** If dosage is too high (uncommon with experienced practitioners), temporary chewing weakness can occur but resolves as the treatment wears off. - **\*\*Improved comfort:\*\*** Many patients actually find chewing more comfortable after treatment, especially if they previously experienced jaw fatigue from masseter overuse.

Me Clinic's practitioners use conservative dosing protocols specifically to maintain normal jaw function while achieving aesthetic improvement.

**\*\*Can jaw slimming treatment help with teeth grinding?\*\***

Yes! This is one of the significant benefits of masseter reduction with anti-wrinkle injections:

- **\*\*Dual benefit:\*\*** The same treatment that slims your jaw also reduces grinding and clenching intensity by relaxing the masseter muscles. - **\*\*Bruxism improvement:\*\*** Many patients report reduced teeth grinding, less jaw pain, fewer tension headaches, and decreased tooth wear. - **\*\*TMJ relief:\*\*** Some patients with temporomandibular joint (TMJ) disorders experience symptom improvement. - **\*\*Protective effect:\*\*** Reduced grinding can protect teeth from further damage and may reduce the need for dental guards.

This functional benefit makes masseter treatment particularly valuable for patients with both aesthetic concerns and bruxism.

**\*\*Am I too young or too old for jaw slimming treatment?\*\***

There's no universal age limit, but some guidelines apply:

- **\*\*Minimum age:\*\*** Generally 18+ for cosmetic injectable treatments. Masseter hypertrophy is rare before adulthood. - **\*\*Ideal age range:\*\*** Most patients seeking jaw slimming are 25-50 years old, when masseter hypertrophy is most noticeable. - **\*\*Older patients:\*\*** Injectable treatments can be performed at any age if medically appropriate. Surgical jaw reduction becomes higher risk in older patients and requires thorough medical clearance.

During consultation, we assess individual factors including overall health, realistic expectations, and whether treatment is appropriate for your specific situation. Age alone does not disqualify you.

**\*\*Does Medicare or private health insurance cover jaw slimming?\*\***

Generally, no:

- **\*\*Cosmetic procedures:\*\*** Jaw slimming performed for aesthetic reasons is not covered by Medicare or private health insurance. - **\*\*Functional component:\*\*** If you have documented TMJ disorder or severe bruxism causing dental damage, and jaw slimming treatment is part of a therapeutic plan, some portion may qualify for limited rebates. This is rare and requires medical documentation. - **\*\*Surgical jaw reduction:\*\*** Typically not covered unless there's a documented functional or medical (not cosmetic) indication, which is uncommon.

We'll clarify what (if any) coverage applies during your consultation, though cosmetic jaw treatments should generally be considered an out-of-pocket expense.

**\*\*What are the risks of jaw slimming treatments?\*\***

All treatments carry some risk. Here's an honest assessment:

**\*\*Injectable treatment risks (uncommon):\*\*** - Temporary bruising, swelling, or tenderness at injection sites (1-2 days) - Temporary asymmetry if muscles respond differently (resolves as treatment wears off) - Rare temporary chewing weakness if dosage is slightly high (resolves within weeks) - Very rare: allergic reaction to the injectable product

**\*\*Surgical jaw reduction risks (more significant):\*\*** - Infection (rare with proper surgical technique and antibiotics) - Nerve damage causing temporary or permanent numbness in lower lip/chin (1-5% permanent risk) - Asymmetry or contour irregularities - Excessive bleeding or hematoma - Unsatisfactory aesthetic result requiring revision - Anaesthesia complications - Scarring (minimal with intraoral approach)

Your practitioner will discuss specific risks in detail during consultation and answer all your questions before you proceed.

**\*\*Can I see before and after photos?\*\***

Absolutely. During your consultation at Me Clinic, we'll show you relevant before/after galleries from patients who have consented to have their images used for educational purposes. This helps you:

- Understand realistic outcomes for your specific concern
- See the range of results achievable with different treatment approaches
- Set appropriate expectations for your own treatment

We respect patient privacy and only show cases similar to yours to give you accurate expectations.

**\*\*How do I prepare for jaw slimming treatment?\*\***

Preparation depends on the treatment type:

**\*\*For injectable treatments:\*\*** - Avoid blood-thinning medications and supplements for 7 days before treatment (if medically safe): aspirin, ibuprofen, fish oil, vitamin E, ginkgo biloba - Avoid alcohol for 24 hours before treatment to minimize bruising risk - Arrive with a clean, makeup-free face - Inform your practitioner of any recent dental work or facial treatments

**\*\*For surgical jaw reduction:\*\*** - Complete pre-operative medical clearance and blood tests - Stop smoking at least 4 weeks before surgery (smoking impairs healing) - Arrange for a responsible adult to drive you home and stay with you for 24 hours post-surgery - Fast according to anaesthetist's instructions (typically nothing to eat/drink after midnight before surgery) - Fill prescriptions for post-operative medications in advance - Prepare soft foods for recovery period

Your practitioner will provide detailed preparation instructions specific to your treatment.

**\*\*When will I see results from jaw slimming treatment?\*\***

Result timelines vary by treatment method:

**\*\*Injectable treatments:\*\*** - **\*\*Week 1-2:\*\*** Muscle relaxation begins; you may notice reduced jaw tension or grinding - **\*\*Week 4-6:\*\*** Visible jaw slimming becomes apparent as muscle atrophy progresses - **\*\*Month 2-3:\*\*** Peak results achieved; maximum jaw slimming visible - **\*\*Month 4-6:\*\*** Results gradually wear off; maintenance treatment recommended

**\*\*Radiofrequency/ultrasound:\*\*** - **\*\*Immediate:\*\*** Mild temporary tightening - **\*\*Weeks 4-8:\*\*** Gradual improvement as collagen remodels - **\*\*Months 3-4:\*\*** Peak results - **\*\*Months 6-12:\*\*** Results maintained with proper care

**\*\*Surgical jaw reduction:\*\*** - **\*\*Weeks 2-4:\*\*** Initial swelling reduces; early results visible - **\*\*Months 2-3:\*\*** Significant improvement; about 60-70% of final result apparent - **\*\*Months 6-12:\*\*** Residual swelling fully resolves; final jaw contour achieved

Patience is important—optimal results take time, particularly with gradual treatments like injectables.

**\*\*What should I avoid after jaw slimming treatment?\*\***

**\*\*After injectable treatments:\*\*** - Avoid lying down flat for 4 hours post-treatment - Don't massage or apply pressure to treated areas for 48 hours - Avoid strenuous exercise for 24 hours - Skip alcohol for 24 hours (increases bruising risk) - Avoid dental work for 2 weeks post-treatment - Don't have facials,

facial massage, or other facial treatments for 2 weeks

**\*\*After surgical jaw reduction:\*\*** - Follow soft food diet for 2-4 weeks (no chewing hard foods) - Sleep with head elevated for 2 weeks to minimize swelling - Avoid strenuous activity for 6-8 weeks - Don't smoke (impairs healing) - Avoid sun exposure to face during early healing - Follow oral hygiene protocols carefully to prevent infection

Your practitioner will provide comprehensive aftercare instructions specific to your treatment.

**\*\*Can I combine jaw slimming with other treatments?\*\***

Yes, many patients achieve optimal facial harmony by combining jaw slimming with complementary treatments:

**\*\*Commonly combined treatments:\*\*** - **\*\*Chin augmentation:\*\*** Balances a slimmed jaw with chin projection (filler or implant) - **\*\*Facial contouring:\*\*** Cheek filler to create more definition and balance - **\*\*Neck treatment:\*\*** Addressing under-chin fullness or neck bands for comprehensive lower face rejuvenation - **\*\*Skin tightening:\*\*** Addressing any skin laxity after surgical jaw reduction

During consultation, we'll assess your entire facial structure and recommend a comprehensive treatment plan if appropriate. Combination treatments are often scheduled strategically for optimal results and recovery.

## ## Real Patient Results

At Me Clinic, we've performed thousands of jaw slimming treatments, from non-surgical masseter reduction to surgical jaw recontouring. Our extensive before/after gallery demonstrates the range of outcomes achievable with various treatment protocols.

Results vary based on individual anatomy, initial muscle or bone size, and chosen treatment approach. Some patients achieve dramatic transformation, while others experience subtle refinement. During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations based on your specific anatomy and goals.

We're proud of our track record of natural-looking, balanced results that enhance facial harmony while preserving each patient's unique features.

## ## Book Your Free Consultation

Ready to explore your jaw slimming options and discover which treatment is right for you?

**\*\*Three ways to book:\*\***

1. **\*\*Call:\*\*** (03) 8823 5859 2. **\*\*Online:\*\*** Visit [www.meclinic.com.au](http://www.meclinic.com.au) and click "Book Consultation" 3. **\*\*Email:\*\*** [info@meclinic.com.au](mailto:info@meclinic.com.au)

**\*\*What to bring to your consultation:\*\***

- List of current medications and supplements - Relevant medical history (TMJ issues, previous facial treatments, etc.) - Questions for your practitioner - Recent photos showing your concern from different angles (optional but helpful)

**\*\*Your free consultation includes:\*\***

✓ Comprehensive jaw and facial assessment ✓ Personalized treatment recommendations ✓ Transparent pricing with no hidden fees ✓ Before/after gallery review of similar cases ✓ Honest discussion of realistic outcomes ✓ No obligation to proceed—we want you to feel confident in your decision

**\*\*Me Clinic location:\*\***

**\*\*Me Clinic Melbourne\*\*** 4 Burke Road, Malvern East VIC 3145 Convenient parking available on-site

**\*\*Why choose Me Clinic for jaw slimming:\*\***

- **\*\*25+ years\*\*** of experience in facial aesthetics - **\*\*FRACS-qualified plastic surgeons\*\*** for surgical treatments - **\*\*Expert cosmetic physicians\*\*** specializing in injectables - **\*\*60,000+ non-surgical treatments\*\*** delivered safely - **\*\*Responsible Cosmetic Medicine™\*\*** philosophy—your safety and satisfaction first - **\*\*Transparent pricing\*\***—no surprises - **\*\*Comprehensive aftercare\*\*** and follow-up support

Take the first step toward the refined, balanced jawline you've been wanting. Book your free consultation today.