



**OXSHOTT DENTAL**  
EST 1986

## **Biotin Intra-muscular (IM) Injections**

At Oxshott Dental Practice, we offer Biotin IM injections to our patients struggling with hair loss, brittle nails or skin conditions. Here's everything you need to know about the treatment.

### **What is Biotin?**

Biotin is a water-soluble vitamin, also known as vitamin H or B7. It is essential for cell growth, metabolism, and the production of fatty acids.

Symptoms of low Biotin levels include:

- Brittle hair / hair loss
- Dry, red itchy skin
- Low energy levels / fatigue
- Muscular aches / joint pain

### **Why use Biotin IM Injections?**

Biotin injections are used to treat fine, fragile or thinning hair and is targeted at promoting hair health. The injections are aimed at stimulating hair and nail growth, improve skin condition and promote overall health.

### **How are Biotin IM Injections Given?**

The injections are given into the Deltoid muscle in the upper arm. The dosage and frequency of injections vary according to the patient's condition and overall health.

The minimum recommended treatment is **one injection given once a week for 6 weeks with a subsequent one injection every 6 weeks thereafter.**

Studies have shown it can take up to 90 days for Biotin to start working.

### **What Are the Benefits of Biotin IM Injections?**

Biotin IM injections have numerous health benefits:

- Promotes hair growth and strengthens hair
- Improves skin condition
- Helps maintain healthy nails
- Boosts metabolism and energy levels
- Supports a healthy nervous system
- Helps to regulate blood sugar levels

### **How long does the treatment process take?**

Following a consultation including a full review of your medical history and suitability to treatment, appointment times are 15minutes.



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### **What do I need to prepare for the appointment?**

The treatment is given as an intra-muscular (IM) injection in the arm. It is therefore advisable to attend your appointment wearing suitable clothing to allow access to the injection site.

### **How much does treatment cost?**

We recommend regular treatment once a week for a minimum of 6 weeks with a further treatment every 6 weeks as maintenance:

1 Session: £65

Course of 6: £390

Course of 12: £750

### **Are there any side effects or contra-indications to treatment?**

- Redness and swelling may occur at the injection site and should begin to clear within 48 hours of treatment.
- There is a risk of bruising at the injection site.
- If you are pregnant or breastfeeding, you should speak to your doctor prior to undertaking treatment.
- Patients with chronic liver and /or kidney dysfunction, should seek advice from their Healthcare professional prior to treatment.