



## NIGHTLASE™

### WHAT IS NIGHTLASE™

The NightLase™ Fotona laser treatment done to reduce snoring and Sleep Disordered Breathing involves intra-oral use of the Neodymium: YAG laser to heat the tissue and the Erbium: YAG laser, which is non-ablative (non-cutting), to produce collagen to help shrink tissue to open the airway. This treatment is an alternative procedure for patients who cannot tolerate or choose not to tolerate their CPAP or Mandibular Advancement Devices or may even be done in conjunction with those modalities for better health. The treatment sites are the floor of the mouth, tongue, soft palate, and adjacent structures. Topical anesthetic is not necessary for treatment.

### PRE-TREATMENT INSTRUCTIONS

- **PRIOR TO YOUR FIRST CONSULT VISIT/TREATMENT**
  - Download the SnoreLab app and follow the instructions to keep 3 nights worth of data and send it to our office. Please send information to [info@cannonfallssmiles.com](mailto:info@cannonfallssmiles.com)
  - If you have recent (within 1 year) Sleep Study results, please also send us that information.
  - Fill out the Health History form that will be sent to you via text 1 week prior to your appointment.
- **3 DAYS PRIOR TO TREATMENT:**
  - Ensure you are well hydrated to maximize treatment results (Electrolytes are ideal)
  - Avoid taking NSAIDS (Ibuprofen, Naproxen, and Aspirin). The treatment is effective by causing inflammation and encouraging your body to respond with collagen production; NSAIDs will limit early healing signals and limit results. CONSULT WITH YOUR MEDICAL PROVIDER IF YOU ARE REQUIRED TO TAKE THESE DAILY.
- **DAY OF TREATMENT:** We will provide you with a bottle of water immediately before the treatment.
  - If it is your first visit, we will be gathering data, taking photos/videos, and designing a treatment plan specific to you.

### PLEASE LET YOUR PROVIDER KNOW:

- If you have a history of cold sores (Herpes Simplex 1) with dental or facials; treatment may provoke an outbreak and we can provide RX if needed.

### WHAT TO EXPECT DURING TREATMENT

- Unless otherwise indicated by your provider, we anticipate you will be in the office for approximately 30 minutes to an hour. First Consult visits are about 2 hours, including treatment time.
- Treatment with the laser takes about 20 minutes. We are treating the skin, so it will produce a plume of tissue (smell of burning skin) that we will have a high-volume suction to remove.
- The back of your throat may feel like you drank a hot cup of coffee after treatment; this will usually dissipate within the next 24-48 hours. There is usually no other discomfort.

### WHAT TO EXPECT POST TREATMENT

- Immediately after treatment, we will provide another bottle of water to hydrate your tissue prior to leaving.
- DO NOT do SnoreLab again until instructed by your provider.

### POST-TREATMENT CARE INSTRUCTIONS

- Hydrate but NO cold drinks for a few hours.

- DO NOT take NSAIDS for 48 hours if possible. Inflammation is a desired result and is the signal to the body to repair and heal.