



Nightlase Pre post care instructions

Fotona's NightLase® therapy is a non-invasive, patient-friendly laser treatment for increasing the quality of a patient's sleep. NightLase reduces the effects of sleep apnea and decreases the amplitude of snoring by means of a gentle, laser-induced tightening effect caused by the contraction of collagen in the oral mucosa tissue.

A full course of NightLase consists of three separate treatment sessions over a six week period. The final results of the treatment have been shown to last more than 2 years for 70% of patients, and the therapy can be repeated.

Each treatment lasts 15 minutes and requires no anaesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

Before treatment

- o Clean mouth before treatment.
- o no food or water 2 hours prior to treatment
- o There is often some gagging involved during the treatment

After the treatment

- o There is no downtime
- o You may feel dryness of your throat for a few days after,
- o Rarely a small aphthous ulcer may appear, in that case you can use mouthwash to reduce it.
- o If you suffer from sleep apnea, you would need to see your physician and get tested before discontinuing your treatments.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668.