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NightLase puts snoring to bed

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March, 2017

By Jason Pang, BDS **NightLase® offers a gentle, noninvasive treatment that decreases the volume of snoring as well as mild-to-moderate sleep apnea.**

NightLase® Puts Snoring to Bed

Hundreds of patients have already received a NightLase treatment, with 75% - 85% success rate for appropriate cases.

While patients often avoid dental treatment, the NightLase® procedure actively draws them in to the dental office. It's a treatment that patients actually want and need that can benefit not only the patient, but also their family. Often wives are calling to make appointments for their husband, or vice versa. Sometimes children even call on behalf of their parents. The treatment allows spouses to sleep in the same room, or families to bunk together on vacations or camping trips. It's also effective for patients who dislike or cannot tolerate sleeping with a continuous positive airway pressure (CPAP) device.

The NightLase procedure is performed typically using the Fotona LightWalker Er:YAG and Nd:YAG laser. Treatment typically includes three 20-minute visits spaced three to four weeks apart. Performed with patients sitting in a dental chair, they report a warm, prickly feeling at the back of the throat, like they've eaten spicy food. Hundreds of patients have already received a NightLase treatment, with 75% - 85% success rate for appropriate cases. Snorers or anyone with mild-to-moderate sleep apnea are candidates, but patient selection is critical.

A new step added in NightLase treatment

The original NightLase treatment is done with only the Er:YAG laser, but recently a new step with Nd:YAG laser using the Genova handpiece for photobiostimulation and post-treatment healing has been added. The laser's gentle heating stimulates collagen remodeling, which firms up areas where constriction can result from sagging structures such as the tongue, soft palate, and uvula. It also helps to treat the structures in the throat to open up the airway. By reducing or eliminating snoring, NightLase also improves the quality of a patient's sleep. During the treatment anesthesia is not used, because the patient must be able to feel the warm sensation during treatment to prevent burns that could result in ulcers and delayed healing.

Some patients experience a more than 50% reduction in snoring after just one treatment. Because results last anywhere from 9 to 15 months, yearly maintenance treatments are recommended.

No anesthetic, no pain, no downtime

Any qualified doctor or dentist can perform the treatment, although proper patient evaluation requires certain tools, including a peak flow meter, a cephalometric x-ray, and a sleep study (usually conducted by a sleep specialist). With NightLase, there's no anesthetic, pain or downtime. NightLase laser therapy treats the cause of the respiratory structures' vibrations with no cutting or burning, no pain and nothing to wear. Patients can go right back to work after treatment. They feel a slight tingling or dryness in the back of their throat for a couple days, but they can eat, drink and speak normally.



Fig. 1: SnoreLab reports before and after NightLase. Severe sleep apnea case was treated with a stronger protocol; patient is very happy.

Some patients experience a more than 50% reduction in snoring after just one treatment.

Fig. 2: CBCT before and after NightLase treatment and patient comment.



Patient says "I'm sleeping so much better and even managed to go camping without waking everyone up. It's great and I think that it would be worth it at twice the price."

"It's been 5 months since the treatment was done and as long as I don't drink or sleep on my back I don't sore anymore."

Fotona NightLase[®] Therapy



NIGHTLASE[®]

Fotona's NightLase[®] therapy is a non-invasive, patient-friendly laser treatment for increasing the quality of a patient's sleep. NightLase can reduce the effects of and decrease the amplitude of snoring by means of a gentle laser treatment of the mucosa tissue.

Simple, Safe and Effective

Fotona's patented laser modality optimizes the length of laser pulses, allowing for the safe penetration of heat into the oral mucosa tissue. It is gentle enough to be used on the sensitive tissue inside the mouth, but strong enough to provide clinically efficacious heating.

With proper training NightLase has a high success rate in producing a positive change in sleep patterns. Research has shown that NightLase can reduce and attenuate snoring and provides an effective, non-invasive way to lessen the effects of snoring.

A Patient Friendly Solution

A full course of NightLase consists of three separate treatment sessions over a two month period. The final results of the treatment have been shown to last up to a year, and the therapy can be repeated.

Patients find NightLase to be a highly comfortable and satisfying solution. NightLase requires no device to be worn during sleep and involves no chemical treatment. It's a gentle and easy way for your patients to regain a good night's rest.