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## NightLase<sup>®</sup> Smooth Mode Protocol

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### Parameters:

Laser source:	Er:YAG, 2940 nm
Pulse duration:	Smooth Mode
Fluence:	2.5-3.5 J/cm <sup>2</sup>
Frequency:	1.6 Hz
Handpiece:	R11
Spotsize:	7 mm

### Treatment procedure:

A 70-year-old patient presented to the Clinic with a history of loud snoring and a diagnosis of mild sleep apnea from a previous sleep study. He had previously undergone treatment with a CPAP machine, which he was not able to tolerate. At the time of presentation the patient and his wife were sleeping in separate rooms because of his loud snoring. He also reported symptoms of daytime tiredness, dry mouth, concentration problems. His score on the Epworth sleepiness scale was 20.

On examination, the patient had a Mallampati classification of Class IV and no evidence of nasal passages obstruction. His BMI was 31.7. The patient underwent three NightLase<sup>®</sup> treatments, 21 days apart, with a total of 7000 to 8000 laser pulses delivered per session. The SnoreLab app was used for monitoring changes in snoring scores during each of the treatment sessions. The patient tolerated the procedure well and reported no complications other than dry mouth, and on one occasion a sensation of irritated throat that lasted for 24 hours.

The patient's symptoms improved gradually with maximum benefits noted following the third treatment. Upon review five weeks after his final treatment, the patient and wife reported a significant reduction in his snoring, with some nights a complete absence of snoring. Improvement in his sleep quality and energy levels were also noted. This was also demonstrated with reduced snoring scores on the SnoreLab app. On examination he had a Mallampati score of Class II.

### Practical tips for the procedure:

- 4 to 6 smooth mode pulses should be delivered per spot, with no overlapping.
- Start with 2.5 J/cm<sup>2</sup> initially and keep the laser handpiece in one place without moving until all 4-6 pulses are delivered. To improve the patient's comfort, consider decreasing the number of smooth pulses to 2-3 per spot and aim for a slower delivery of pulses. Fast delivery of pulses will result in increased pain and a risk of burns.
- Once the patient is comfortable, consider increasing the fluence gradually to 3.5 J/cm<sup>2</sup>.
- Usually, 4 to 6 passes are needed to reach a minimum total of 7000 pulses.
- Pause delivery of laser pulses in the presence of excessive salivation and wait for the mouth floor to become dry again. If you deliver pulses in the presence of excessive salivation, this will decrease efficacy and likely produce suboptimal results.
- Consider use of oral anesthetic gel in patients with a low pain threshold or high anxiety level.
- Advise the patient to use the SnoreLab app when sleeping alone in a room.
- SnoreLab score results may fluctuate, even after the procedure is completed, depending on the duration of sleep, general level of wellbeing, and in some cases alcohol consumption.



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Before and after NightLase<sup>®</sup> treatment



Before and after results from SnoreLab