

NightLase® Treatment for Sleep-Disordered Breathing

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SUMMARY

NightLase® treatment is an innovative laser procedure used to improve the quality of a patient's sleep by reducing snoring and improving mild obstructive sleep apnea (OSA). It is non-invasive and performed without anesthetic. There is no recovery period and the procedure is patient-friendly.

Snoring and OSA can present in many forms, including muscle and joint pain, excessive grinding and wear of teeth, erosion and tooth decay. Treatment of OSA is important as it causes impaired cognitive function and quality of life, daytime sleepiness, diabetes, hypertension and cardiovascular disease, amongst other disorders.

We have found this treatment can also be used for a continuum of sleep-disordered breathing conditions not characterized by either snoring or mild apnea. Upper Airway Resistance Syndrome, hypopneas and even severe sleep apnea can display marked reductions of all indices, dramatically improving the quality of a patients' sleep.

Using strict recording protocols pre-, during and post-treatment we were able to quantify and monitor the improvements as a result of the NightLase® treatment. Deviation from the standard protocol, when combined with adjunctive exercises, treatments and appliances, was also able to treat severe snorers and apneics with improved success.

LightWalker Solutions to 30 Clinical Problems with Advantages and Benefits

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SUMMARY

Lasers have been in the dental market for a while now, although unfortunately the penetration has not been at a level that any laser user can really understand. The reason for the laser use percentage being relatively low may be due to missing info on the advantages and benefits of lasers. Even though lasers have a long list of indications, a practitioner new to the technology may have a difficult time justifying the purchase of an advanced system. This lecture will cover most of the indications of the LightWalker, listing the advantages, benefits and disadvantages when and if applicable for the user and the patient. The benefits to the dentist may be of more or less interest to practitioners, as they may be of practical or business origin, leading to a quicker return of investment or more profit in the short or long term. Patients' benefits are useful to mention to patients prior to the treatment for better motivation and overall satisfaction regarding the treatment they are undergoing. These may be "normalised" for an experienced practitioner, however, the lecture will emphasize the need to communicate these benefits to patients.

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