

## The Snoring Patient's Journey

**Maria Victoria Fernández Ochando**  
*Clínica Doctora Fernández, Valencia, Spain*

**Snoring** is defined as “the vibration of respiratory structures and the resulting sound due to obstructed air movement during breathing while sleeping”. It can cause sleeping disorders, obstructive sleep apnea (OSA), increase in cardiovascular risk, headache, daytime drowsiness, irritability, lack of focus and decreased libido.

Laser therapy produces non-ablative thermal heating of the uvula, soft palate and surrounding tissues to perform tightening, reduce vibrations and expand the airways.

**AIM:** To describe the diagnostic evaluation, monitoring and the NightLase® procedure, showing results alone and in combination with weight loss.

**Device(s) used:** XS Dynamis NightLase® Erbium:YAG Laser (Fotona, Slovenia)

**RESULTS:** a 44-year-old male patient presented with related headaches, sleeping problems, sore throat and daytime drowsiness. Mallampati class II. Snorelab® showed 56% mean snoring before treatment, 30% after 2<sup>nd</sup> laser treatment and 20% after 8 kg weight loss. All the symptoms improved from the first session.

Topical lidocaine spray produced difficulty swallowing. Mucosal contraction could be seen immediately after laser application with no evidence of bleeding, severe inflammation, carbonization, necrosis or any other complication.

**CONCLUSION:** The NightLase® procedure is easy to perform, minimally invasive, safe, successful, with no need for anesthesia, surgery, home devices or medication. It improves sleep and life quality from the first session, with better results after 2-3 sessions plus weight loss when necessary

## Are there Satisfying Long-term Effects after Laser Treatments

**Melanie Schulz**

The demand for treatments that are effective, with minimal or no downtime and long-lasting results has become the focus of attraction among the public.

Fotona Lasers offer a wide spectrum of treatment options for skin.

Classic invasive laser resurfacing (Er:YAG) has proven to be highly effective for deep skin imperfections, but is linked with a long downtime due to the prolonged healing process. The option of using fractional ablation shortens the downtime dramatically and opens the window for a new field of treatment, transdermal drug delivery of topically applied substances.

Sub-ablative laser treatments with the Er:YAG Fotona SMOOTH® mode are requested frequently. It works by heat transduction from the epidermis into deeper structures up to 500 micro-meters depth. The main focus is on skin tightening and fine-lines.

Nd:YAG lasers can be used not only at nano/pico-seconds for pigment removal, but also at sub-/milliseconds for vessels and collagen remodelling.

Interestingly, the skin of long-term patients tends to have a more youthful appearance after many years of continuous treatments. It seems that the repetition of laser therapies and therefore continuous collagen stimulation leads to a thicker and healthier looking skin. Significant changes, i.e. after an ablative skin resurfacing, are still obvious after many years off treatment, despite skin-aging.

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