



Nightlase™ Treatment

THOMAS CONNER, DDS

WHAT IS NIGHTLASE™?

The answer to a goodnight's sleep!

Nightlase™ is a procedure performed with a dental laser to help increase the volume of air moving through your throat. This is accomplished by rejuvenating the collagen fibers in these areas. This is a procedure with no cutting or removal of tissue, there are no needles used and need to be sedated.

As you may know, a laser is a refined beam of light which is formed from particles all of the same wavelength and power. Light is energy, and this energy is used, in a very safe way, to break apart the old collagen fibers and stimulate your body to add new rejuvenated collagen fibers. These new fibers tighten and add tone to the tissue in the throat area which opens or expands the breathing passage. The reduction of this flabby, throat tissue reduces the available tissue to vibrate and reduces your snoring.

Want to stop snoring? Nightlase™ is the answer!

Snoring is usually caused by the vibration or movement of the flabby tissue in the back of your throat. A number of different things can cause this, like excess tissue, fatty tissue and older, long strands of collagen. The collagen acts as a support that keeps the back of the throat open. Over time this tissue gets older and changes from a more ridged, toned, structure to a more flexible structure. Similar to rigid, uncooked and floppy, cooked pasta. The laser light energy is applied to the throat tissue and as it penetrates the tissue, it breaks up the old collagen. The light energy from the laser disrupts the long strains of old collagen and stimulates your body to produce new, more ridged, collagen fibers. This new collagen will expand the back of the throat and tone the flabby tissue to reduce snoring.

WHAT TO EXPECT?

THOMAS
CONNER
and Associates

What is the procedure like?

The procedure consist of a series of three appointments, each about 20 minutes long. During each appointment, the laser's light will be applied to the tissue of your throat. There is minimal discomfort during the procedure so no needles or shots will be necessary. You will be able to return to work that very day if you wish. The next day you will experience a little scratchy throat. The treatment days will be spaced about twenty- one days apart. You will have some immediate toning of the tissue and this improvement will continue for the next few weeks.

How important is sleep?

As we learn more and more about sleep and its role in our health, the lack of sleep and its side effects become an increasingly important subject. Sleep affects everything from child development, to workplace safety, to just being able to function and relate to others without being irritable. Wouldn't it be great to feel more rested and relaxed again? Think of how comforting the improved relationship with you sleep partner will be. This procedure will not only reduce the noise in your home, but it will improve the comfort and quality of your life.

“Help yourself, your partner, and your family.”-Dr. Conner



About Us

At Dr. Conner's office, we believe in progressive, comprehensive, dental care for the whole family. We provide a broad range of services from tooth replacement and pain relief, to routine dental cleanings for the whole family. Dr. Conner has focused on the use of dental lasers to reduce or eliminate pain and to increase the effectiveness of treatment. Ask us how the use of dental laser can benefit you!

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