

# NIGHTLASE®

## DYNAMIS

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### PRE-TREATMENT INSTRUCTIONS

#### General

- Ideally patient has a sleep study performed before treatment start and 3 months post-treatment series for evaluation of treatment success.
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### POST-TREATMENT INSTRUCTIONS

#### General

- Report any changes in:
  - Swallowing (Dysphagia)
  - Alterations in taste
  - Alterations in sense of smell
  - Changes in speech
- Practice good sleep hygiene.
- Maintain a balanced diet and exercise.

#### Immediately After

- Drink at least 8 oz of room temperature water.

#### 1-2 Hours After

- Avoid cold or hot drinks for 1-2 hours.
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### HEALING AND RESULTS

- After the treatment, you may feel a mild sore throat for 2 days.
- Immediate results after the first treatment (average of 50% reduction in snoring volume and tone).