Treatment of Snoring with the NightLase® Protocol in a Dental Office Setting

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Snoring is a common social problem, present in more than one third of the population worldwide. Snoring disorders can be related to health problems, including obstructive sleep apnea syndrome (OSAS), and are even associated with the risk of stroke. Snoring often causes marital problems, with partners sleeping in separate rooms, and can be a cause of divorce. Multiple treatment modalities have been proposed, such as mandibular advancement devices, positive pressure device, and surgical procedures such as uvulopalatopharyngoplasty, however, many of them are too invasive, not comfortable to use or with high rates of recurrence/non-compliance. The non-ablative Er:YAG laser treatment (NightLase® Protocol) can be a non-invasive option to the treatment of snoring and OSAS, even in a dental office setting. Recently, reports have shown the efficacy of this approach.

We aim firstly to review the scientific literature regarding the efficacy of the non-ablative Er:YAG laser treatment of Snoring disorder, and secondly to present the results from a series of patients who submitted to this NightLase® Protocol in Oporto, Portugal.

We performed a review all published reports on the non-ablative Er:YAG laser treatment of snoring in existing scientific databases regarding the protocols used, the success/satisfaction of the treatment, the factors related with success and the existence of complications. We also present the results from a series of 28 Portuguese patients with snoring disorder who submitted to a NightLase® treatment protocol, using 2940 nm Er:YAG laser in long-pulse mode (2 J/cm^2) and Fotona SMOOTH® mode (10-8 J/cm^2) in the oropharynx region.

In the present series of patients, the satisfaction rate corresponded to 97%. There was a decrease in the severity of VAS snoring score from 8.2±1.5 before the treatment to 1.9±1.9 after treatment (p<0.001). Several variables analyzed, including the Epworth sleepness scale, OHIP-14 score, Mallampatti and Friedman classification scores, have shown a significant improvement. We could not find differences in the results regarding age, gender, body mass index, Mallampatti or Friedman classifications. No anesthesia was required, and no adverse effects were observed. These results are in accordance with the reported literature. However, more studies on protocols and identification of predictive variables of success should be evaluated.

The NightLase® treatment protocol is a safe and effective treatment option to treat snoring and is well accepted by patients. More studies on protocols and predictive variables of success should be implemented to optimize these interesting results.

Laser Applications of Labial and Lingual Frenula: a Simplified and Predictable Technique

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Labial and lingual frenectomy / frenotomy are minor surgeries, performed more and more frequently with lasers in dentistry. The advantages of using lasers will be presented, including the choice of different wavelengths. Labial frenectomy can be simplified and repeatable through a standardized surgical design, making results predictable.

Lingual frenum release requires a close and sound knowledge of the different anatomies of the tongue, including fasciae, nerves and vessels. When performing frenotomies, consideration must be given to each individual patient's requirements based on their specific individual anatomic considerations and related functions. Improvement of intraoral lingual function will dictate the amount of surgical intervention.

SWEEPS®: Correct Parameters for Different Anatomies

Giovanni Olivi
inLaser, Rome, Italy

The sophisticated, cutting-edge SWEEPS technology is used to activate the commonly used irrigants in endodontics (NaOCl and EDTA).

The different SWEEPS settings will be presented, clarifying their effects and use in different endodontic procedures.