

## FREQUENTLY ASKED QUESTIONS

### HOW DOES ETHEREA<sup>MX</sup> INTRAORAL TREATMENT WORK?

Intraoral is a special laser attachment that is designed to treat the soft, sensitive skin and tissue at the back of your throat. The heat from the laser beam helps to contract the skin and tighten the collagen tissues. This in turn helps to maintain a more open airway at the back of the throat.

### WHAT DOES THE TREATMENT FEEL LIKE?

You will feel a warm sensation at the back of your mouth, but this is not uncomfortable. The treatment takes between 20 and 30 minutes.

### WHAT RESULTS CAN I EXPECT?

You should feel an immediate tightening of the tissues and a contraction at the back of your throat after the first treatment, because the collagen strands shrink as they are heated. This could trigger an immediate improvement in the level of your snoring. However, the full effect of the treatment will be felt after the third month, when collagen regeneration is at its peak.

### ARE THE RESULTS OF ETHEREA<sup>MX</sup> INTRAORAL TREATMENT PERMANENT?

You can expect the benefits of the treatment to last about a year. Gradually, over time, the density of the collagen fibres will reduce again, and the skin will start to sag. Maintenance treatments every 6 months are recommended, as they will help boost collagen growth and maintain the strength of your skin.

### WHAT SIDE EFFECTS CAN I EXPECT?

You may have a sore, 'scratchy' throat for a couple of days after treatment, but this should resolve without further treatment. ETHEREA<sup>MX</sup> INTRAORAL is a gentle treatment that has been designed specifically for the sensitive tissues in your mouth and throat.

## ETHEREA<sup>MX</sup> INTRAORAL SAFE · GENTLE · EFFECTIVE

### SAFE, EFFECTIVE TREATMENT THAT TARGETS THE CAUSES OF SNORING

- Reduces the level of snoring and helps to create positive changes in sleep patterns
- Increases the quality of sleep by enabling you to spend more time in deep sleep
- Helps to tighten and strengthen loose skin and tissue that obstruct the air passage
- Comfortable, non-invasive treatment with no downtime

Clinic details:

**Cryomed**  
Aesthetics

[cryomed.com.au](http://cryomed.com.au)

Please consult your medical practitioner to see if you are suitable for treatment. Potential risks and side effects need to be discussed with your medical practitioner before undergoing ETHEREA<sup>MX</sup> INTRAORAL treatment.

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# RECLAIM YOUR SLEEP

 **etherea<sup>MX</sup> INLIFT**

## SIMPLE & EFFECTIVE TREATMENT FOR SNORING

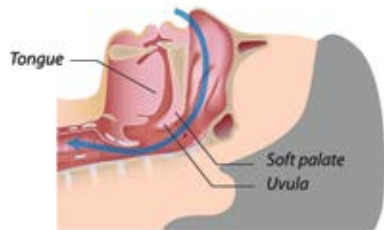


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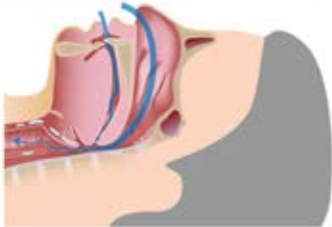
# ETHEREA<sup>MX</sup> INTRAORAL TREATS THE CAUSE OF SNORING

Snoring happens when the muscles and soft tissue in your upper respiratory tract relax, causing your soft palate and the mucous membrane in your throat to vibrate.

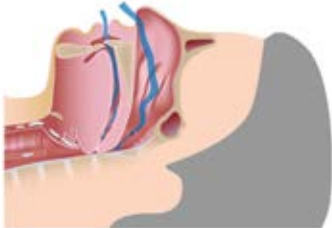
When your tongue muscles relax and the tongue slips back, it can obstruct your throat so the breath cannot pass through. This means you can actually stop breathing for a period of time, starving your body of life-giving oxygen.



Normal Breathing:  
Air passes freely  
through the airway  
to the lungs



Snoring:  
Partial obstruction  
of the airway



Sleep Apnoea:  
Complete  
obstruction  
of the airway

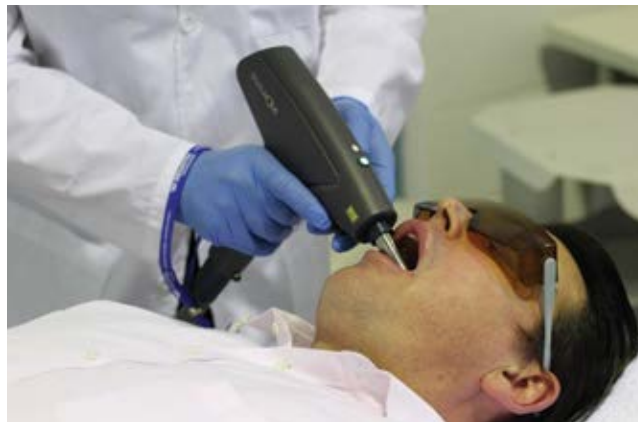
Targeting the root cause of snoring helps by tightening and strengthening the skin and soft tissue that would otherwise relax and block the air passage.

Keeping up a program of maintenance treatments every 6 months is an important preventative strategy.

## ENJOY THE BENEFITS OF ETHEREA<sup>MX</sup> INTRAORAL

ETHEREA<sup>MX</sup> INTRAORAL treatment is the safe, gentle way to reduce snoring.

- **STEP 1 CONSULTATION** Your practitioner will assess you to determine your level of snoring. Some cases are too severe for ETHEREA<sup>MX</sup> INTRAORAL laser treatment, so it's important to seek treatment early, while the non-invasive option is possible.
- **STEP 2 TREATMENT** The soft tissue at the back of your throat and the roof of your mouth will be tightened in a 2-stage laser heating process that takes about 20 to 30 minutes. This is not painful, but you will feel some warmth as the laser heats the skin and soft tissue. The skin begins to tighten immediately and you may feel a contraction at the back of your throat.
- **STEP 3 WALK AWAY** Your treatment is complete, and you may resume your normal routine. You may feel that you can draw in a deeper breath, and the back of your throat may feel more open.
- **STEP 4 MAINTENANCE** After your initial course of three treatments over two months, a maintenance treatment every 6 months will boost new collagen growth, and help maintain the strength of your skin.



## RESTORE SLEEP FOR HEALTH & VITALITY

Don't run risks with your health! Snoring can be a serious health hazard that worsens into sleep apnoea. And the longer you leave it untreated, the more dangerous it can become. In fact, it has been proved that snoring can actually reduce life expectancy by a number of years.

Snoring, and particularly obstructive sleep apnoea, cuts off vital supplies of oxygen to your brain and organs. And lack of quality sleep, for you and your partner, can also negatively affect your health.



If your snoring causes you to stop breathing for at least 10 seconds more than 5 times per hour, you have sleep apnoea. This means your brain is being starved of oxygen, and it's highly likely that over time you will experience a range of health problems as a direct result.

ETHEREA<sup>MX</sup> INTRAORAL helps by tightening and strengthening the skin and the soft tissue. Addressing this problem early is important. This problem can worsen with time, to the point where only surgery can help.