

SNORING PROTOCOL

DUALMODE
2940nm
InLift Attachment



These treatment guidelines are based on physician feedback and clinical experience gained in clinical studies and practical use. The information is provided as a guide only and is not prescriptive for any patient, indication or treatment. The guidelines are not designed to be a substitute for clinical training, and the system should only be operated by qualified practitioners who have received appropriate training and have thoroughly reviewed the Operator Manual that shipped with the system. When using the system, always observe Light/Energy-tissue interaction and clinical endpoints to determine appropriate settings.

General Treatment Principles

Patient Selection

- Males and females who snore, and who come within average BMI ratio.
- Patients with sleep apnoea

Consultation

- Take a 'before' image of the palate, and also one while the patient is saying 'arghhh'.
- Ensure that snoring is not related to another area or cause.

Patient Position for Treatment

- Patient should be lying down, but can be slightly elevated for comfort. Easy access to the soft palate is required.
- A tongue depressor can be used to enable easy access to the palate. Also, having the patient say 'arghhh' can tense the palate to further facilitate treatment.
- If the patient has a bad gag reflex, a mouth rinse with lignocaine can be used prior to treatment.

Treatment Guidelines

- The probe should be positioned at the entrance of the mouth, aimed at the soft palate surface.
- Proceed to treat the area in sweeping passes over the entire soft palate (see diagram overleaf).
- Gauge heat and client comfort, and pause when appropriate.
- Avoid hitting the teeth, uvula and throat area.
- Also treat around the soft palate in the frontal area of the palate, to help with full palate tightening.

Joules	Pulses	Time
First Treatment		
50j – 60j	200	20 mins
Second Treatment: One week after first treatment		
50j – 60j	200	20 mins
Third Treatment: Two weeks after second treatment		
50j – 60j	200	20 mins
Maintenance Treatments every six months		
50j – 60j	200	20 mins

