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- If you can see it, we can treat it, so we will:
 - Have you sign a Consent form.
 - Set expectations on how many visits you may need? Ideal 1-3 treatments 21-28 days apart
 - Are your airways obstructed?
 - **Photo Before-** To review what access you may have and make mental notes of the following:
 - Length of soft palate
 - Size of uvula
 - Mallampati score
 - Tonsils- condition, size
 - Size of tongue
 - Scalloping on tongue/cheek
 - Linea alba?
 - Asymmetry
 - **After Photo-** Can you see any visible immediate changes?
- **During the treatment:**
 - Treat soft palate, pillars, uvula, dorsal tongue, tonsils
- **What may the patient feel during:**
 - Effervescent feeling similarly to drinking a very cold soda pop.
 - 'Pop-Rocks' Candy
 - Little warmth- not painful
 - Tingle
 - Very rare to need a liquid topical. If necessary, dyclonine 1% oral could be used.
- **Post Op Feeling**
 - May feel immediate increase of airflow.
 - Voice may sound richer or improved.
 - Scratchy throat (typically 1-3 days)
 - May immediately stop snoring OR may reduce snoring over time as collagen rebuilds.
 - Decreased tonsil size
 - Decreased uvula size
 - Decreased tongue grooves/size
- **Post op care**
 - No immediate changes are needed by the patient.
 - Ideal if reduce alcohol, spicy, or salty foods.
 - Ideal if no smoking for 24hrs.
 - Ideal if reduced oral sex 24hrs.