



*A Reputation for Providing Comfortable and
Personalized Care in Cosmetic and Family Dentistry*

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POST-TREATMENT INSTRUCTIONS DEKA QuietNight Snoring Treatment

You have completed your QuietNight laser treatment designed to improve airway tissue tone and reduce snoring. This is a gentle, non-ablative treatment, and recovery is typically minimal.

What to expect

- Mild throat warmth or dryness for 24–48 hours
- Slight soreness when swallowing (similar to mild scratchy throat)
- Increased saliva or temporary throat sensitivity

Rarely: mild swelling or hoarseness

These effects are normal and resolve quickly.

Aftercare instructions

- Drink plenty of water to keep tissues hydrated
- Avoid very hot foods or drinks for 24 hours
- Avoid alcohol for 24 hours
- Avoid spicy or acidic foods if throat feels sensitive
- Do not smoke or vape for at least 24 hours
- Resume normal activities immediately unless discomfort occurs

Comfort tips

- Cool or room-temperature drinks are soothing
- Soft foods are recommended the first day if tenderness occurs
- Over-the-counter pain relief (Tylenol or ibuprofen) may be taken if needed

Healing guidance

- Do not intentionally irritate or scrape the throat
- Avoid excessive throat clearing or coughing
- Sleep with head slightly elevated the first night if swelling is noticed
- When to call the office
- Contact us if you experience:
 - Severe pain
 - Difficulty breathing or swallowing
 - Persistent swelling beyond 48 hours
 - Fever or signs of infection