Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

NightLase® and cold sore or mouth ulcer laser therapy

Covers: NightLase® for snoring and cold sore or mouth ulcer laser therapy.

Before your visit

- NightLase: tell us about any sleep study results and whether you have been told you have sleep apnea. NightLase is not a substitute for medical treatment of sleep apnea.
- Cold sores and ulcers: come in as early as you can once you feel tingling or see a sore.
- Take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before treatment and continuing for 3 days after. Laser treatment in or around the mouth can trigger a cold sore, including in people who do not recall a prior outbreak.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After NightLase

- Your throat or the back of your mouth may feel dry, warm, slightly swollen or a little sore for a day or two, like a mild sore throat.
- Sip cool water and avoid very hot, spicy or crunchy foods for a day.
- Changes in snoring usually happen gradually over the series of visits. Keep each scheduled visit.

After cold sore or ulcer treatment

- Keep the area clean and try not to touch it. Wash your hands if you do.
- Avoid spicy, salty, acidic or crunchy foods until it heals.
- For cold sores, use a lip balm with sunscreen, and don't share cups, utensils or lip products.
- Continue your cold-sore antiviral as prescribed by your provider (typically 2 days before and 3 days after treatment).

When to call us

Call us at (972) 290-0903 if you have:

- Pain or swelling that gets worse instead of better
- Trouble swallowing
- A sore that hasn't healed within two weeks

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
https://www.bellafamilydental.com/patient-care-instructions/nightlase-cold-sore-laser/
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