

# *Masterpiece Smiles*

## **MPS NightLase Post Op Instructions**

1. It is important to keep a balanced diet and exercise. This will help with snoring/ sleep apnea
2. You may feel a mild sore throat for several days. (drinking lots of water should help. Normally it is not needed, but taking over the counter pain relievers can be used)
3. Do exercises on the sheet to tone throat muscles
4. Stay well hydrated with plenty of water 6-8 (8oz glasses) at least 1 day before & 1 day after
5. Avoid Alcohol at least 1 day before & 1 day after
6. Practice good sleep hygiene:
  - Avoid blue light & electronics in the bed room
  - Reduce/stop smoking
  - Avoid alcohol 4-5 hours before bed
  - Treat nasal congestion
  - Avoid energy drinks like red bull in the evening
  - Avoid large meals 2 hours before bed
  - Avoid caffeine 2 or more hours before bed