

Sanitas Family Dentistry Advances Sleep Medicine with Non-Invasive Laser Treatment for Snoring

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Sanitas Family Dentistry has expanded its comprehensive approach to sleep-disordered breathing by incorporating advanced non-ablative CO2 laser technology to address soft palate tissue laxity, a primary contributor to snoring and upper airway obstruction. The Boulder-based practice now offers this minimally invasive procedure as part of its integrated approach to dental sleep medicine.

The laser tissue remodeling procedure represents a significant advancement in non-surgical treatment options for patients experiencing snoring and related breathing issues. Unlike traditional surgical interventions, the treatment uses calibrated energy beams to stimulate collagen production and tissue contraction in the soft palate without cutting or removing tissue. The procedure typically takes only minutes to complete and requires minimal recovery time.

The growing recognition of sleep-disordered breathing as a widespread health concern has prompted dental practices nationwide to expand their treatment offerings beyond traditional oral care. Research indicates that

millions of Americans experience some form of sleep-disordered breathing, with snoring affecting approximately 90 million adults in the United States. The condition not only disrupts sleep quality but can also contribute to various health complications when left untreated.

"The connection between oral health and sleep quality has become increasingly clear in recent years, and dental professionals are uniquely positioned to identify and address airway-related conditions," said Jarrett Schaffer, Director of Clinical Operations at Sanitas Family Dentistry. "This laser technology allows us to offer patients a comfortable, efficient solution that can significantly improve their breathing during sleep without the risks and recovery time associated with traditional surgery. Visit Us at our Boulder location to learn more about our services."

The laser treatment works by delivering precise energy to specific areas of the soft palate tissue. This controlled application stimulates natural collagen production and causes tissue contraction, resulting in a firmer, more toned tissue structure that helps maintain airway patency during sleep. Patients typically experience immediate improvements with results that continue to develop over several weeks following treatment.

The procedure complements other established sleep therapy modalities, including oral appliances, continuous positive airway pressure therapy, and myofunctional therapy. This integrated approach allows practitioners to develop personalized treatment plans that address each patient's specific needs and preferences.

"Patients are increasingly seeking alternatives to invasive procedures and cumbersome devices for managing their sleep-related breathing issues," noted Schaffer. "The ability to combine laser treatment with other therapeutic approaches gives us more flexibility in creating comprehensive care plans that patients will actually follow. Follow us for updates on dental health and wellness innovations."

The expansion of dental practices into sleep medicine reflects a broader trend toward holistic healthcare approaches that recognize the interconnection between oral health and overall wellness. As dental professionals continue to adopt advanced technologies and expand their scope of practice, patients benefit from more convenient access to specialized care.

Sanitas Family Dentistry has served the Boulder community since 2020, providing comprehensive dental services including general, cosmetic, and pediatric dentistry, as well as specialized treatments for TMJ disorders and sleep-related breathing issues. The practice maintains a patient-centered philosophy focused on compassionate, personalized care.

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Sanitas Family Dentistry

Sanitas Family Dentistry offers boulder dental care services for all ages: Preventive & restorative dentistry: teeth cleaning, dental exams, emergency care, fillings, and crowns. Cosmetic dentistry: composite bonding, porcelain veneers, and Invisalign.

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