

ROMEO ANTI-SNORE

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: OCTOBER 2024

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ROMEO ANTI-SNORING LASER TREATMENT INFORMATION

WHAT IS ROMEO ANTI-SNORE TREATMENT AND HOW DOES IT WORK?

This laser assisted procedure targets the soft tissues at the back of your throat, specifically the soft palate. By using a gentle laser, the treatment stimulates collagen production and tightens the tissues, reducing the vibrations that cause snoring.

AM I A SUITABLE CANDIDATE?

The treatment is suitable for individuals who suffer from mild to moderate snoring and do not have severe sleep apnoea or other complex breathing disorders

HOW MANY SESSIONS WILL I NEED, AND HOW FAR APART CAN I HAVE THEM?

Romeo treatments are patient specific depending on the concern and age of patient. On average it has been found that a minimum of 2-3 sessions are needed to see a significant improvement. These sessions should be spaced 4 weeks apart.

WHAT RESULTS CAN I EXPECT?

The results may take 6-8 weeks to see following treatment. It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. The effects of the Romeo treatment can last up to 18-24 months and maintenance treatments maybe needed as the tissues naturally loosen over time.

WHAT WILL IT FEEL LIKE DURING AND AFTER THE TREATMENT?

DURING TREATMENT:

- It is quick procedure, which takes no more than 15-30 minutes
- Laser Application: The practitioner uses a handheld laser device to apply controlled energy to the soft palate and uvula
- Discomfort Level: Most patients describe a mild sensation of heat, but the procedure is generally painless. No anaesthesia is required

AFTER TREATMENT:

- Immediate Recovery: You can return to normal activities immediately after treatment.

- You may experience mild throat dryness, sore throat or swelling, which usually resolves within a day or two
- Most patients notice a reduction in snoring after the first treatment, with optimal results seen after 2–3 sessions

PRE-TREATMENT INFORMATION:

Your practitioner will perform a thorough consultation, including a review of your snoring history, overall health and suitability for the procedure. You can eat and drink normally before your appointment. You will need to download the 'Snorelab' app and have been using for a minimum of 1 week prior to your first treatment.

WHO WILL CARRY OUT MY TREATMENT?

Romeo will be carried out by one of our doctors or nurses here at Phi Clinic. All of which are highly experienced and trained by our medical director Dr Tapan Patel.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and degree of the concern. Treatment starts from £400 per session or £999 for course of 3.

ROMEO ANTI-SNORE AFTERCARE

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- Drink plenty of water to soothe the throat post-treatment.
- Avoid smoking and alcohol for at least 24 hours after the procedure, as these can irritate the throat.
- Prebook your follow up sessions, ideally a 3-treatment package spaced four weeks apart is recommended for the best outcome

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**