

SPRINGFIELD ENT & FACIAL PLASTIC SURGERY

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INSTRUCTIONS AND INFORMATION FOR SNORING SURGERY

Dear Patients: we wish your surgical experience to be as **positive** and **free of stress** as possible. Please contact our office if you have any concerns - remember, there **are no silly questions!**

Many adults - both men and women - snore with varying amounts of frequency and severity. Some individuals only snore when lying on their backs or when excessively tired. Alcohol and some medications cause sedation and louder snoring. Although it is usually a minor problem, it may also cause significant social issues due to sleep disruption from others or if a spouse must sleep elsewhere.

Caution:

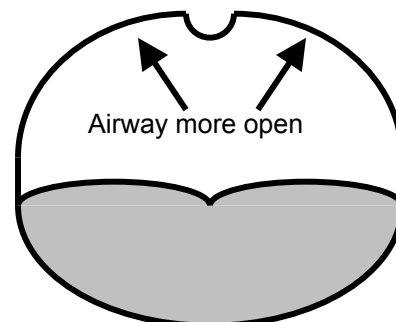
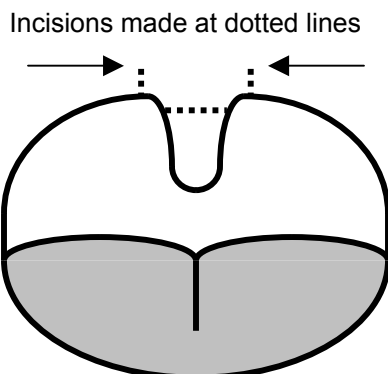
It is important to be sure that one does not have **obstructive sleep apnea**. This serious condition is suggested if one snores heavily / is noted to choke off and stop breathing during sleep and has excessive daytime fatigue. Untreated sleep apnea is known to cause heart and lung problems, worsen high blood pressure, and can result in death. It increases the risk of accident while driving or operating machinery. The treatments described here *are not* appropriate treatment for sleep apnea!

Alternatives to office snoring surgery include the following

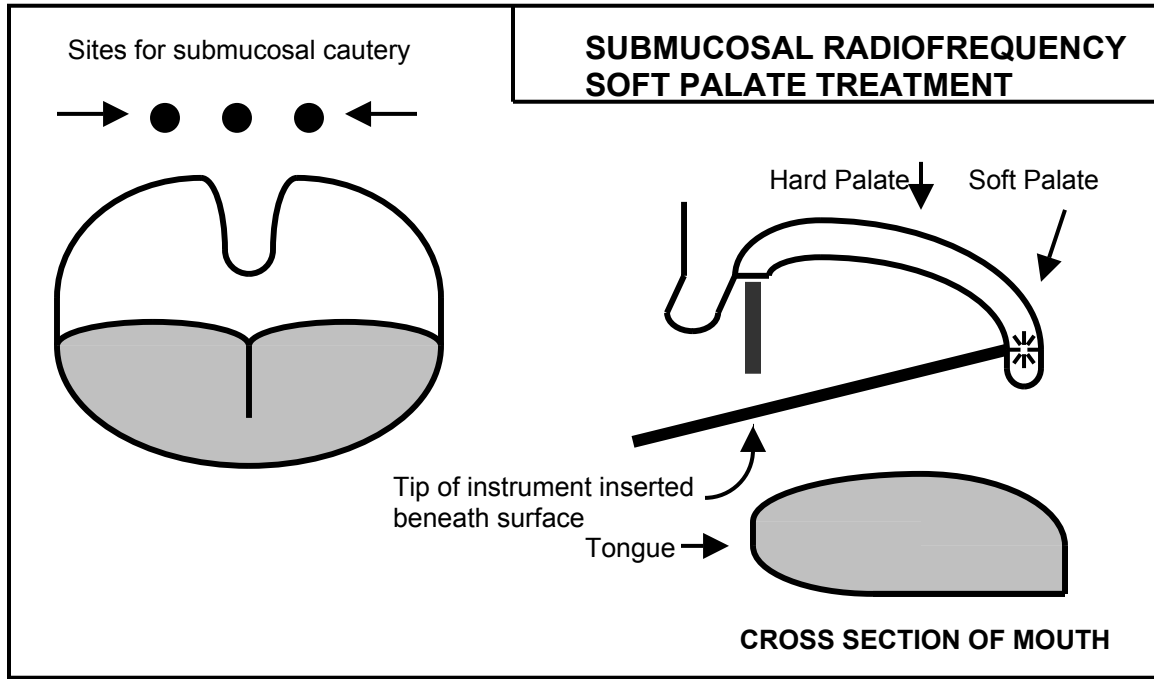
- No treatment - this involves no real risk as long as there is not obstructive sleep apnea.
- Weight loss - snoring treatments always work better with weight loss.
- Avoidance of sedating medication / alcohol; keeping regular sleep habits.
- Dental appliances.
- See also our separate handout on non-surgical tips for snoring.
- Uvulopalatopharyngoplasty - a more major version of the surgery described below. This is very effective for snoring. However, it involves much more pain and requires surgery in the operating room with general anesthesia. It is usually reserved for treating sleep apnea.

OFFICE PROCEDURES FOR SNORING

LASER ASSISTED UVULOPALATOPLASTY / CAUTERY PALATOPLASTY



Laser Assisted Uvulopalatoplasty (LAUP) and **Cautery Palatoplasty** are essentially the same surgery. Their goal is to reduce the amount of excess tissue of the soft palate which can vibrate when one breathes. The laser has been used as it may involve less pain afterward but involves the added cost of having a special laser. We office cautery palatoplasty as an option for treatment of snoring, although recommend the radiofrequency soft palate treatment described below.



Radiofrequency treatment for the soft palate - This involves insertion of an insulated needle electrode beneath the surface of the soft palate into the muscle. Radiofrequency electrical current is applied to cause the muscle to be cauterized and shrink. This is performed in 3 - 5 spots in the soft palate (the figure above has 3) The purpose is to shrink and stiffen the soft palate to reduce its vibration when you breathe and to reduce snoring.

What to expect with this surgery

- Performed in the office
- Performed with topical anesthesia and injection of local anesthesia.
- Procedure lasts 10 - 15 minutes.
- Snoring surgeries require 1 - 4 sessions (treatments as described above) - the average is about 2. These are spaced 6 - 8 weeks apart to allow healing.

What to expect after surgery

- **Throat pain** - may occur for a week afterward. You will be given medication for this.
- **Activity** - as tolerated
- **Throat appearance** - the surgical area in the throat will become coated with white for 7 - 10 days.
- **Oral Hygiene** - tooth brushing is OK as desired. Gentle mouth rinsing with warm water or warm salt water (1/2 tsp. salt in 8 oz of water) is often soothing.
- **Diet** - as tolerated. Hot, cold, spicy, acidic, and citrus foods may sting

Thank you again for the opportunity to participate in your health care! Please let us know if we can answer any further questions or how we may make your surgical experience more pleasant!