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| **THE PILLAR® PROCEDURE:** A specially trained doctor uses a sterile delivery tool to place 3-5 tiny implants into the soft palate to support and stiffen the palate. Local anesthetic is used and the procedure takes about 20 minutes. | Office                    | Yes          | 24 hours or less    |            |               | • Less than 1% of patients experience a partial extrusion, in which the tip of the implant protrudes through the surface of the soft palate  
  • If this happens, the doctor can remove the implant                       |
| **SCLEROTHERAPY:** A small amount of a corrosive chemical (called a sclerosant) is injected into the soft palate, which burns and destroys soft palate tissue. The destroyed tissue is replaced by scar tissue that stiffens the palate. Local anesthetic is used. **NOT FDA-CLEARED.** | Office or Operating Room | No           | 24 hours or less    |            |               | • Ulcers (sores) on the soft palate  
  • Breakdown of mucous membranes of the soft palate  
  • Multiple treatments may be required to achieve desired effects            |
| **RADIOFREQUENCY (RF) ABLATION:** Radiofrequency energy generates fairly low-level heat to destroy soft palate tissue. Local anesthesia is used. | Office or Operating Room | No           | 24 hours or less    |            |               | • Ulcers (sores) on the soft palate  
  • Breakdown of mucous membranes of the soft palate  
  • Multiple treatments may be required to achieve desired effects            |
| **LASER-ASSISTED UVULopalATOPlasty (LAUP):** A surgeon uses a laser to cut away the uvula, the tissue that hangs from the middle of the back of the roof of the mouth. Local or general anesthesia is used. | Operating Room            | No           | 7 days               |            |               | • A poor seal between the pharynx and soft palate (where the uvula was removed) which can:  
  • Cause regurgitation of food and water when swallowing  
  • Adversely affect speech                                                 |
| **UVULopalato-pharyngoplasty (UPPP):** A surgeon removes excess tissue in your airway, which may include the uvula, soft palate, tonsils, adenoids, and pharynx. General anesthesia is used. | Operating Room            | No           | Up to 2 weeks        |            |               | • Bleeding after surgery  
  • A poor seal between the pharynx and soft palate (where the uvula was removed) which can:  
  • Cause regurgitation of food and water when swallowing  
  • Adversely affect speech                                                 |