

SNORING SURGERIES COMPARISON

SOFT PALATE PROCEDURE	SETTING	INVASIVENESS	POST PROCEDURE PAIN	REVERSIBLE	RECOVERY TIME	POTENTIAL COMPLICATIONS/ SIDE EFFECTS
<p>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.</p>	Office		LOW	Yes	24 hours or less	<ul style="list-style-type: none"> • 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
<p>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.</p>	Office or Operating Room		No	24 hours or less	<ul style="list-style-type: none"> • Ulcers (sores) on the soft palate • Breakdown of mucous membranes of the soft palate • Multiple treatments may be required to achieve desired effects 	
<p>RADIOFREQUENCY (RF) ABLATION: Radiofrequency energy generates fairly low-level heat to destroy soft palate tissue. Local anesthesia is used.</p>	Office or Operating Room		No	24 hours or less	<ul style="list-style-type: none"> • Ulcers (sores) on the soft palate • Breakdown of mucous membranes of the soft palate • Multiple treatments may be required to achieve desired effects 	
<p>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.</p>	Operating Room		No	7 days	<ul style="list-style-type: none"> • 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 	
<p>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.</p>	Operating Room		No	Up to 2 weeks	<ul style="list-style-type: none"> • 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 	