



Instruction Sheet

INJECTION SNOREPLASTY

What is injection snoreplasty?

Injection snoreplasty is a new office procedure for snoring. It is relatively painless and less expensive than previous procedures. The mechanism of snore reduction is produced by using an injectable substance to promote scar tissue at the palate, stiffening it and diminishing the "flutter" noise of snoring.

Who snores?

Snoring is caused by vibration in the upper throat during inspiration (breathing in). Most of this vibration occurs in the soft palate and uvula. Simple snoring is a common problem that occurs on occasion in up to 45% of adults. When snoring becomes noticeable enough to disrupt bed partners, family members, and friends, it is reasonable to seek treatment for this problem.

Some snoring is associated with obstructive sleep apnea, or OSA, in which a person has repeated collapse of the upper airway passage and cessation of breathing during sleep. Your physician may order an overnight sleep study to rule out this possibility. If sleep apnea is diagnosed, other treatment may be recommended.

Although most snoring is related to palatal vibration, snoring may have other components such as nasal obstruction. For this reason, a complete ENT exam of the upper airway is a necessary first step in deciding whether the procedure is appropriate for you.

How can snoring be treated? Alternatives to injection snoreplasty

Various methods are used to alleviate primary snoring. They include behavior modification (such as weight loss), surgical and non-surgical treatments, and dental devices.

Surgical treatments for primary snoring include: laser assisted uvulopalatoplasty (LAUP), an outpatient treatment for primary snoring and mild OSA that involves use of a laser under local anesthesia to make vertical incisions in the upper palate, shortening the uvula and lessening airway obstruction; and radiofrequency volumetric reduction of the palate, a relatively new procedure performed in an otolaryngologist's office that utilizes targeted radio waves to heat and shrink tissue in the upper palate. All of these surgical procedures have some degree of success (40-90%) and all have a recurrence rate of at least twenty percent. Furthermore, each of these procedures is associated with a significant amount of post-operative pain.

Other surgical procedures directed at improving the nasal airway, such as septoplasty and turbinate reduction, can improve snoring, but only if nasal obstruction is a significant contributor to the snoring. This also applies to surgical procedures directed at the tongue, jaw or other non-palatal causes of snoring.

Non-surgical treatments besides injection snoreplasty have been developed in hopes of decreasing snoring with minimal pain. These include dental appliances, lubricating sprays, and external nasal strips. Unfortunately, these have either been ineffective or have provided only temporary relief.

How can it help? Potential benefits of injection snoreplasty

Injection snoreplasty has been shown to relieve snoring over 90% of the time, with a recurrence rate of 16-18% and an overall satisfaction rate of 95%.



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Is injection snoreplasty right for you?

Injection snoreplasty only treats snoring due to soft palate vibration. The best candidates for injection snoreplasty are men and women with soft palate flutter, no sleep apnea, and no other identifiable airway factors contributing to the snoring.

Injection snoreplasty procedure

The procedure is done in the office. The doctor will use a topical anesthesia to numb the back of the throat. A small amount of scarring fluid is then injected in the palate at the base of the uvula. After injection of the hardening agent, patients are observed in the otolaryngologist's office for approximately 30 minutes and then sent home. Most patients may return to work or home the same day. It is generally not necessary to modify your diet or activities after injection.

There will be a minor sore throat at the roof of the mouth at the site of the injection. The palate and/or uvula will also feel swollen for a while. Some patients may take longer than others to feel relief from this injection. Tylenol and throat lozenges or spray are suggested for pain management. Prescription pain medications may be ordered after the procedure if necessary. Most patients do not notice any change in their voice after injection.

Snoring improvement may not be noticeable immediately. It may take days to weeks for the palate tissue to scar and contract, thereby reducing the vibration that causes snoring sounds. The long-term success of injection snoreplasty is not known. As with all current therapies for snoring, there is a distinct possibility that *snoring may return* and require retreatment.

Risks of injection snoreplasty

As with any procedure, there is a small risk of complications such as bleeding and/ or infection at the injection site. No serious complications have been reported with injection snoreplasty. There was one report of a fistula, or hole through the palate, but this healed without complication. No allergic reactions have been reported with injection snoreplasty. As with all treatments for snoring, there is a certain failure rate, and no guarantee of success is given with payment for the procedure.

Cost of this Treatment

Although the initial ENT evaluation is generally covered by insurance, most insurance companies treat snoring like cosmetic surgery. They will not cover snoring procedures if no sleep apnea is present. Therefore, the patient is responsible for the cost of the actual snoring injections. Injection snoreplasty cost is \$300.00 for each treatment. It is possible that two or more treatments may be necessary. By way of comparison, the charge for radio-frequency palatal ablation (RFPA) is \$1,000.00 or more.

We require payment for the injection snoreplasty treatment on the same day of the procedure. There will be no office charges for snoring-related visits during the thirty days after each injection. Thereafter, there will be a usual "established patient" fee for any follow-up office visits.

Consent Form

You will be required to sign a consent form prior to this procedure. Please read it carefully. Please speak with your physician if you have any questions or concerns.