



What is Snoring?

Snoring is a breathing noise created by floppiness of the muscles of the throat. During sleep the muscles relax and partially collapse. When a snorer tries to breathe whilst sleeping the floppy muscles vibrate making the disruptive noise.

What is Sleep Apnea?

When the airway completely collapses, breathing ceases for a short period of time and this is called sleep apnea. Sleep apnea is a potentially serious medical condition as it can cause lack of oxygen to the brain, headaches, tiredness during the day, high blood pressure, contribute to heart attacks, strokes, dementia and even car accidents. If there is any suspicion of you having sleep apnea, we recommend an overnight sleep study and referral to a sleep physician.

What Causes the Muscles to be floppy?

We all can snore to some extent, but factors that make snoring more likely include age, male sex, weight, poor fitness, alcohol or sedatives before bed, nasal obstruction and anatomical problems in the throat and mouth.

How do we investigate the causes of your snoring?

Dr Braham will examine your nose and throat. Flexible endoscopy is a test where a small telescope is passed through the nose and into your throat under local anesthetic. This test allows us to identify the level of obstruction and any segments of collapse whilst breathing. In most cases snoring is multifactorial and multiple levels of obstruction contribute to the snoring.

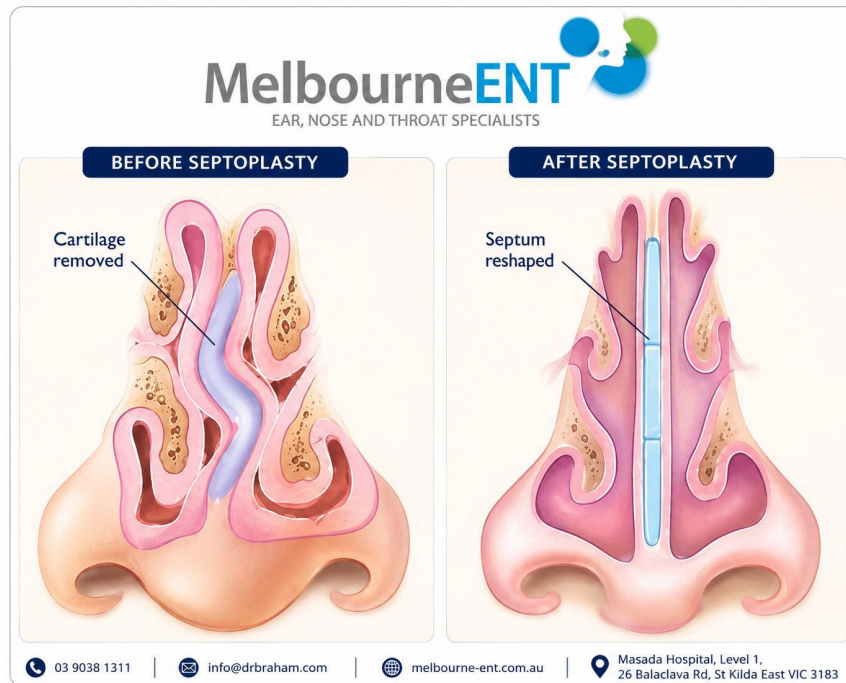
Non-surgical treatments for snoring?

1. Weight loss and exercise
2. Sleeping on your side
3. Unblocking your nose using prescribes nasal sprays or nasal valve dilator devices
4. Mandibular advancement splint
5. CPAP therapy

Surgery for Snoring

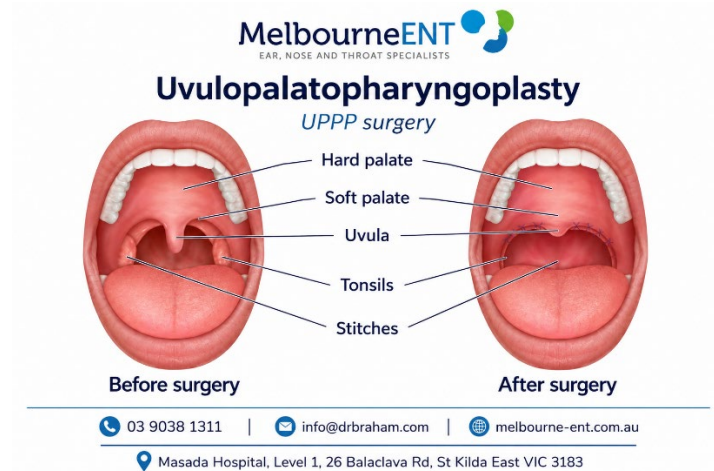
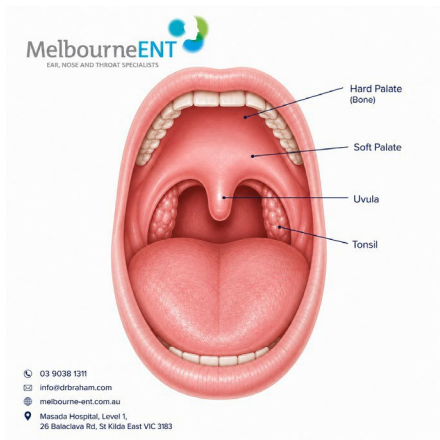
Surgery may be considered when conservative measures fail. Options include:

- Surgery to unblock the nose (septum/sinus surgery)
 - Palatoplasty
 - Removal of enlarged tonsils and adenoids
 - Tongue debulking procedures
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- Jaw lengthening procedures in selected cases
 - often multi-level surgery is required frequently using staged procedures.



Palatoplasty

Palatoplasty is an operation designed to tighten, shorten and stiffen the soft palate (often including removing the tonsils and part of the uvula) to reduce snoring. The procedure takes up to one hour and is often performed as an overnight procedure. Recovery generally requires 7-10 days off work. Your anesthetist will tailor a pain relief plan to make the recovery as smooth as possible.

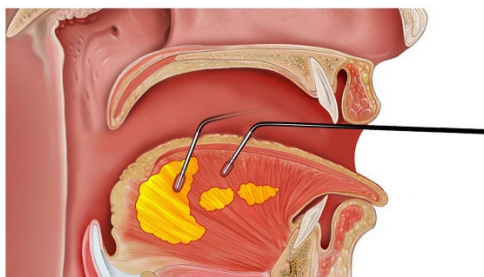


Possible Complications of Palatoplasty

- Sensitive scar
- Fluids going the wrong way when swallowing
- Chipped teeth from instrumentation
- Temporary voice change after surgery
- Pain lasting more than 10 days
- Bleeding
- Recurrence of snoring
- Further treatment may still be required

Tongue Channeling

Tongue channeling is an adjunctive procedure used to reduce tongue volume and improve airflow. It is performed using a radiofrequency device to shrink the tongue base and does not affect speech or swallowing.



Please feel free to ask any questions, Michelle the practice manager will be happy to assist you.



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