



TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.



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SNOREPLASTY

Your physician has recommended to you the operative procedure known as an injection snoreplasty. The injection snoreplasty is an innovative, safe, and effective palatal snoring procedure with less cost than other surgical alternatives and typically less discomfort to the patient.

The objective of the surgery is to achieve a scarring of the palate by injecting a sclerosing agent similar to those used to sclerose varicose veins. The solution that we use here at Tallahassee Ear, Nose & Throat is a solution called sodium morrhuate. Approximately 1-2cc of sodium morrhuate are injected into the palate at the base of the uvula under topical anesthesia. The palate is coated with Benzocain gel in the area of the injection, and after this becomes numb the sodium morrhuate is injected with minimal patient discomfort. The area that is injected will turn somewhat purplish and swell over a period of a few days, with decreasing swelling over the first week. Most patients experience a sore throat that would be similar to a viral sore throat, and it lasts for up to one week. The procedure is done as an outpatient and the patient is able to go home the same day. We do instruct patients to sleep with their head elevated in a lounge chair for the first night or two, in order to decrease the swelling and also to make sure their airway remains open while they sleep. We give pain medicine as needed in the postoperative period, but frequently none is required beyond Motrin or Tylenol.

Most patients require 1-2 treatments separated by 6-8 weeks in order to achieve adequate results. Initial response to the procedure is greater than 90% of patients who achieve significant reduction in their snoring volume. When these patients are followed out over a period of two years, the success rate drops down to approximately 75% of patients having continued significant reduction in their snoring.

The cost of the procedure is approximately \$300 per injection, and as this is considered a non-medical problem and more of a social problem, it is typically not covered by insurance.

If you have any further questions regarding the injection snoreplasty, additional information can be found online at the Academy of Otolaryngology website, which is www.entlink.org. You can also ask any of the physicians in the practice and they will be happy to answer your questions.