

# MIDWEST LASER SURGERY CENTRE

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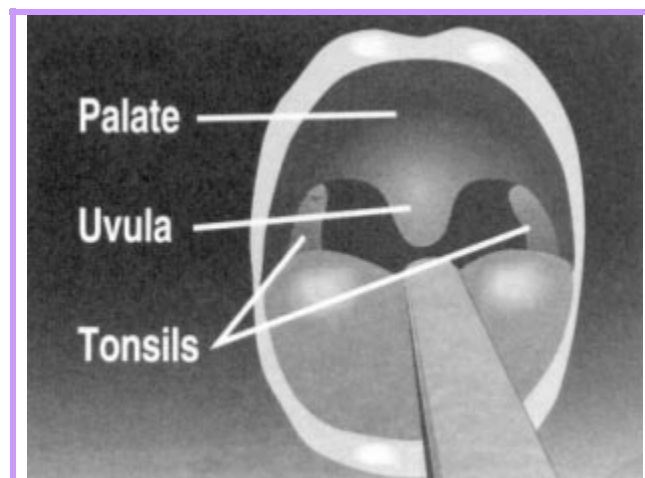
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## Laser Treatment for Snoring



## General Information

Snoring is a common problem with one out of every four people doing so habitually. Snoring is disruptive to the quality of sleep for both the person who snores and for those around him or her. Also, snoring can be an indicator of obstructive sleep apnea.

## Why do people snore?

Individuals who snore are not in control of their snoring as it is often related to physical obstructive breathing during sleep. This physical obstruction occurs when the muscles of the palate, the uvula and sometimes the tonsils relax during sleep, and act as vibrating noise-makers when the air of breathing moves across them. In addition to a long palate and /or uvula, excessive bulkiness of tissue in the back of the throat can also contribute to snoring.

## Treating snoring with laser

Snoring may be successfully treated by laser assisted uvula-palato pharyngoplasty procedure (LAUP). This procedure can be done in the office under local anesthesia using laser technology to trim and reshape the uvula and soft palate.

On average, 2 treatments are necessary, although a significant reduction in snoring is usually noticed after the first visit. Generally each treatment session takes 20-30 minutes.

## Are you a candidate for laser surgery?

The initial consultation with your doctor will include an examination to determine whether laser treatment is right for you. The procedure is only performed on adults over the age of sixteen.

## After laser surgery

After undergoing laser-assisted uvula-palatopharyngoplasty most patients can resume their normal daily routine and are encouraged to maintain a full and normal diet. However, some patients will experience mild pain following treatment, particularly when swallowing. Unfortunately, for some patients this pain can be quite severe and require the use of pain medication. Healing of the area usually takes 10-14 days with snoring decreasing significantly during the first four weeks.