

Sedated Sleep Endoscopy

What to expect for your surgery:

The surgery will be performed under sedation and typically lasts less about 10 minutes. You will be able to go home on the same day as the procedure. Because sedation will be administered, you will need someone to drive you home.

The procedure involves administration of sedation to try and reproduce snoring and the airway obstruction that occurs to cause your sleep apnea. A flexible fiber optic camera will then be used to examine your airway. This is done to evaluate the area of your airway collapse and the mechanism by which it collapses.

Please make sure not to eat or drink anything after midnight the night before unless you need a small sip of water for medications on the morning of the procedure. If you take any blood thinners or aspirin, you may continue to take these before and after the procedure. There is no need to discontinue them in anticipation of the procedure.

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What to expect after your surgery:

For most patients there is no pain associated with the procedure. Occasionally, there may be some mild soreness in the nose or discomfort around the jaw. For any pain, it is acceptable to use ibuprofen or acetaminophen.

Some patients may have some mild bloody nasal discharge immediately after the procedure. If any is present it should resolve on its own.

After the procedure, your physician will generally try to discuss the findings of the procedure before you leave the facility. In most cases the formal discussion of any further surgery will be deferred until your first postoperative visit. This is done because the sedation that was administered may make it difficult for you to remember all that was discussed.

In some cases your physician may recommend that you pursue evaluation with another specialist for treatment of your sleep apnea. If this is the case, your physician will try to facilitate the appointment with the other practitioner and you will not need to come for a postoperative visit.

You may resume a normal diet after surgery.

You may resume normal activity following the procedure.

Your First Postoperative Visit:

A postoperative visit should be scheduled around 1 week after the procedure. If one has not been previously scheduled, please call the office for an appointment.

At this visit, your physician will review the findings of the procedure and will outline options to consider for further treatment of the sleep apnea. This discussion will focus on what has the best potential for success in treating sleep apnea but will also take into consideration patient preferences for treatment.

If surgery is deemed the agreeable best plan, a surgical date can be scheduled at this visit.