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OBSTRUCTIVE SLEEP APNEA (UVULOPALATOPHARYNGOPLASTY, TONSILLECTOMY, GLOSSOPLASTY, SEPTOPLASTY, BILATERAL INFERIOR TURBINOPLASTY)

WHY DO I NEED SURGERY?

This procedure will be done after the patient has failed C-Pap titration. Obstructive sleep apnea can be deadly and apneic episodes can result in cardiac arrest and possibly death.

WHAT HAPPENS DURING SURGERY?

The procedure will be done under general anesthesia. The surgery usually takes about three hours.

Under general anesthesia, the structures of the mouth and throat will be modified. The tonsils will be removed and the palatopharyngeal muscles will be realigned and readjusted. Along with that, the nasal cavity will be operated on to complete the septoplasty and bilateral inferior turbinoplasty. Finally, a laser-assisted reduction of the tongue to allow a larger opening in the throat will be done. This allows more oxygen to reach the voice box and sinus cavity and the bronchial airways.

You will usually stay two to three days in the intensive care unit for management of possible severe pain and monitoring of your airway. A morphine drip will be used for pain control.

WHAT SHOULD I EXPECT AFTER SURGERY?

You should arrange for someone to drive you home after this procedure.

You will be provided with medications to use after your surgery.

Clear liquids and ice cream are recommended for soothing the throat. I also encourage you to chew gum and gargle with salt water solution. Avoid spicy and hot foods for at least seven days post surgery.

It should take about four to six weeks after the surgery for a complete recovery. Two weeks of medical leave of absence will be recommended, with modified work such as a desk job for the remaining two to four weeks. If your employer cannot accommodate such modified work, you may be placed on a four to six week period of leave.

A followup appointment will be scheduled for seven to ten days after being discharged from the hospital. If need be, the patient may receive visits from the home health care nurses to make sure that hydration is maintained postoperatively.

WHAT ARE POSSIBLE RISKS AND COMPLICATIONS OF THE PROCEDURE?

You will experience soreness in your throat after surgery. Some bleeding may also occur. Both of these are normal after this type of procedure.

You may experience snoring symptoms about three to four months after the surgery if you do not follow postoperative instructions carefully.

As you know, with general anesthesia, there may be drug complications, airway problems post surgery, and even death, which may result.

If you have any further questions after having carefully read the above information, please feel free to discuss it with me in your preoperative evaluation, prior to any surgery. Remember, there are no dumb questions! We want you to be fully informed and comfortable prior to your surgery. Please bring a family member or friend with you to the preoperative visit. **THIS IS MANDATORY.** Please sign and return this form to our office when you come for your preoperative appointment.

Respectfully yours,

JAMES J. LEE, M.D., F.A.C.S.

I understand the above information and consent to the surgery.

Patient Signature

Patient Name-Printed

Date