

Surgical Treatment for Snoring

Snoring is a medical condition that can lead to further physical problems for the snorer, as well as emotional conflict for the snorer's partner. Relationships have come to an end when one person cannot cope with the string of sleepless nights caused by their noisy partner.

So while

surgery may seem like an extreme method to control or cure snoring, many welcome it as the source of a new life.

Surgery can be an effective

treatment and even a cure for snoring, but it should be considered only after all other options have been explored. Finding a solution to snoring could be as simple as making a few lifestyle changes.

Weight loss

and reduction of body mass can help alleviate snoring. The weight of the person is an important factor in snoring, because fatty tissues around the neck area can constrict the air passages, making the snoring worse.

Excessive

alcohol use can also cause snoring, as it relaxes the muscles surrounding the airways. Alcohol use can cause snoring to become worse than it normally would be, and may even lead to a condition called sleep apnea.

If

surgery is to be used as a treatment, one form of surgery that can be used to control snoring is uvulopalatoplasty (LAUP). LAUP is a relatively new procedure that has been found to be effective in reducing the snoring in most patients. The LAUP treatment involves the use of a handheld gun that removes any excess tissue from the soft palate and uvula. Because this operation makes the actual airways wider, vibrations causing the snoring are decreased.

LAUP is a relatively simple procedure and can be

performed by a surgeon under a local anesthetic. The operation takes about thirty minutes and can be done without admission to the hospital, unless there is concern about side effects. Unfortunately for some patients, the first treatment is not always successful, and some people with very severe snoring problems will have to return for a subsequent treatment. Some patients have required up to six treatments before the operation was considered a success. When subsequent treatments are required, they are generally scheduled four to six weeks apart. Obviously the more treatments that are needed, the more expensive the treatment becomes.

The

beauty of LAUP treatment for snoring is that there are no serious side effects to worry about. Obviously the patient will have a very sore mouth and throat for a number of days, but once this has healed, the benefits can be enormous. In some cases, at the patient's request, the surgeon as even raised and lowered the pitch of their voice.

Surgical

treatment is a serious consideration for any snorer. It's important to weigh the pros and cons of all treatments to find the one that's best. The snorer, spouse and entire household will enjoy happy well-rested days, and silent nights.

