Multilevel surgery for OSA-patient satisfaction and outcome

Sampurna Ghosh
Medicover Hospitals, India

Introduction: Obstructive Sleep Apnea (OSA) management has been evolving over the decade. Still CPAP remains the gold standard for management. In that scenario the authors want to analyze the scope of surgical options and their effectiveness.

Objective: Primary objective of the study is to discuss ideal candidacy for surgery and their outcome.

Methods: The patients with OSA, who were CPAP noncompliant or who opted for surgery as per their first choice were included in study. Patients with BMI 32 and higher were excluded. Authors believe in doing surgical planning from the data derived from polysomnography and drug induced sleep endoscopy (DISE). Nasal surgery, tonsillectomy and different types of palatoplasty and tongue base procedures have been performed according to DISE finding. Their sleep study parameters, snoring severity score and Excessive Daytime Sleepiness (EDS) were recorded before and after surgery.

Results: Total 30 patients underwent surgery. All of them found improvement in snoring, EDS. They did not have apnea after surgery. Average Apnea Hypopnea index showed significant reduction. None of them suffered from and post-operative complications.

Conclusion: Multilevel surgery for OSA is a safe and effective option for selected patients.

Speaker Biography

Sampurna Ghosh has completed her MBBS and MS-ENT from one of the oldest and prestigious Govt. Medical Colleges of India. She continued her further training from National and International pioneers on Endoscopic Sinus Surgery, Cochlear implant surgery and surgical management of Obstructive Sleep Apnea (OSA). She is an avid learner of new techniques and treatment options in the field of Otorhinolaryngology. She has been invited as speaker, surgical faculty, and panellist in many conferences.

elias.kardous@hotmail.com

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