EVALUATING OUTCOME OF RADIO-FREQUENCY SURGERY FOR OBSTRUCTIVE SLEEP APNEA

ABSTRACT: A substantial portion of patients with obstructive sleep apnea (OSA) seek alternatives to positive airway pressure (PAP), the usual first-line treatment for the disorder and one option is upper airway surgery. Radiofrequency surgery presents a promising alternative for the treatment of snoring and in OSA. Radiofrequency for upper airway reconstructive surgery in sleep disordered breathing for the nasal inferior turbinate, the soft palate, and the tongue base offers additional therapeutic options in the surgical armamentarium in an area in which there were once limited options. The aim of this study was to give an overview of the current literature and to quantify the results in terms of treatment efficacy. We conducted a systematic review and analysis of literature reporting outcomes following various upper airway surgeries for the treatment of OSA in adults, of uvulopharyngopalatoplasty (UPPP), and radiofrequency ablation (RFA).

Key Words: Radiofrequency surgery, Obstructive Sleep Apnea, Snoring, Surgical modifications, Uvulopalatopharyngoplasty.