

Tilmelding af Foredrag

Foredragets titel

Local-anaesthesia one-step sleep surgery is feasible - a case series.

Forfatter(e)

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Afdeling/praksis

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Uddannelsesniveau

Hoveduddannelse

Introduktion

Introduction: This report assesses the feasibility of local anaesthesia outpatient radio frequency ablation of the soft palate and lower turbinates with turbinate outfracture as an efficient, low morbidity sleep surgery option for obstructive sleep apnea and snoring in patients noncompliant with continuous positive air pressure treatment. It covers a prospective case series of the first 22 patients treated at our centre in 2023.

Materiale/metode

Methods: Patients were evaluated pre-surgery and at a minimum 3-month follow-up with sleep parameters including apnea-hypopnea index, snore index and Epworth sleepiness scale. Medical records were reviewed for adverse effects. The first 14 patients evaluated their experience through a post-surgery telephone interview.

Resultater

Results: Our surgeons found the procedures highly applicable in an efficient outpatient setup for selected patients. 19 out of 22 patients completed the procedures as scheduled, anxiety and pain were the limitations. 6 out of 18 patients with available follow-up data had notable adverse events such as worsened sleep parameters, swelling of the uvula and foreign body sensation. Patient feedback was predominately positive.

Diskussion

Discussion: Although the sample is small and lacks complete preoperative data and therefore cannot conclusively equate the morbidity of the procedures in local and general anaesthesia, we consider them safe to implement. Changes in body weight likely obscure changed sleep parameters for 2 patients with adverse effects. Vetting patients pre-surgery for anxiety and a history of resistance to local anaesthesia is recommended to enhance patient outcomes.

Unavngivet

- Ønsker kun præsentation af poster

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