

Contents

Videos	xi
Preface	xii
Contributors	xiii
1 Introduction and History of Sleep Apnea Surgery	1
1.1 Introduction	1
1.2 A Short History of Surgery for Sleep-Disordered Breathing: From the Uvula Crusher to the Stimulation of the Hypoglossus Nerve	3
1.2.1 Antiquity	3
1.2.2 Renaissance	4
1.2.3 19th Century	4
1.2.4 20th Century	5
1.2.5 Palatal Surgery	6
1.2.6 Lower Pharyngeal Airway Procedures	7
1.2.7 Devices for the Tongue Base Suspension	7
1.2.8 Laryngeal Obstructive Sleep Apnea	7
1.2.9 Multilevel Surgery	7
1.2.10 Hypoglossal Stimulation	8
1.2.11 Maxillofacial Surgery	8
1.2.12 Final Remark	8
2 Pathophysiology	11
2.1 Epidemiology	11
2.1.1 Introduction	11
2.1.2 Definitions	11
2.1.3 Signs and Symptoms Suggestive of Obstructive Sleep Apnea	13
2.1.4 Age and Gender Bias	17
2.1.5 Symptoms of OSA in Older Subjects	17
2.1.6 Symptoms in Overlap Syndrome	18
2.1.7 Focused History	18
2.1.8 Screening Questionnaires and Clinical Prediction Models	18
2.1.9 Consequences	19
2.1.10 Conclusions	29
2.2 Causes of Obstructive Sleep Apnea	29
2.2.1 Introduction	29
2.2.2 Anatomic Causes of Obstructive Sleep Apnea	30
2.2.3 Nonanatomic Causes of Obstructive Sleep Apnea	31
3 Diagnosis of Sleep-Disordered Breathing	44
3.1 History Taking	44
3.1.1 Conclusion	47

3.2	Clinical Evaluation of Patients with (Suspected) Sleep-Disordered Breathing	47
3.2.1	Introduction	47
3.2.2	Anamnesis	47
3.2.3	General Evaluation	47
3.2.4	Upper Airway Evaluation	48
3.2.5	Limitations	51
3.2.6	Conclusion	54
3.3	Sleep Studies	55
3.3.1	Differential Diagnosis in Sleep-Related Breathing Disturbances	55
3.3.2	Clinical Investigations	56
3.3.3	Computer-Based Tests of Vigilance and Attention	58
3.3.4	Evaluation of Sleep and Breathing Disturbances During Sleep	58
3.3.5	Parameters of Sleep Studies	59
3.3.6	Case Reports	66
3.4	Topo Diagnosis of Obstruction Site(s)	69
3.4.1	Awake Nasopharyngoscopy	69
3.4.2	Drug-Induced Sleep Endoscopy	71
3.4.3	Upper Airway Imaging in Sleep-Disordered Breathing	77
3.4.4	Analysis of Snoring Sounds	81
4	Nonsurgical Treatment: Lifestyle, Weight Loss, Positional Therapy, Mandibular Advancement Devices, Continuous Positive Airway Pressure, Multimodality Treatment	89
4.1	Introduction	89
4.2	Lifestyle Intervention	89
4.2.1	Didgeridoo and Physical Therapy	90
4.2.2	Alcohol, Tobacco, and Sedative Abstinence, Sleep Hygiene	90
4.3	Positional Therapy	90
4.4	Oral Appliances	91
4.4.1	Mechanism of Action	91
4.4.2	Outcomes	92
4.4.3	Side Effects	92
4.4.4	Patient Selection	92
4.5	Continuous Positive Airway Pressure	93
4.6	Multimodality Treatment	94
5	Surgical Principles	97
5.1	Patient Selection	97
5.1.1	Introduction	97
5.1.2	Continuous Positive Airway Pressure Washout	99

5.2	How to Score and Compare Surgical Results with Those of Nonsurgical Treatment	103
5.2.1	Introduction	103
5.2.2	How to Compare the Different Treatment Options?	104
5.2.3	Formulas	105
5.2.4	Percentage of TST during which CPAP Must Be Used to Meet Sher's Success Criteria	107
5.2.5	Percentage of TST during which CPAP Must Be Used to Reduce AHI to Below 10	107
5.2.6	Percentage of TST during which CPAP Must Be Used to Reduce AHI to Below 5	107
5.2.7	Percentage of TST during which CPAP Must Be Used to Reduce AHI by a Certain Percentage	107
5.2.8	Discussion	108
5.3	How to Measure Clinical Success	110
5.3.1	Surgical Success	110
5.3.2	Success in Conservative Treatment	110
5.3.3	AHI Defines OSA Severity	110
5.3.4	Clinical Endpoints in OSA	110
5.3.5	Literature	112
5.4	Combination Therapy for Sleep-Disordered Breathing	113
5.4.1	Combination of CPAP and Other Noninvasive Treatment Options	114
5.4.2	Combination of Different Types of Oral Appliance Therapy	114
5.4.3	Combination of Oral Appliance Therapy and Surgery	114
5.4.4	Combination of Positional Therapy and Other Noninvasive Treatment Options	114
5.4.5	Combination of Positional Therapy and Surgery	115
5.4.6	Conclusion	115
6	Pediatric Obstructive Sleep Apnea	120
6.1	Diagnosis	120
6.1.1	Introduction	120
6.1.2	Prevalence	120
6.1.3	Clinical Finding	120
6.1.4	Physical Examination	121
6.1.5	Diagnostic Workup	122
6.2	Treatment	126
6.2.1	Introduction	126
6.2.2	Medical Intervention	126
6.2.3	Oral Appliances	126
6.2.4	Surgical Interventions	127
6.2.5	Anesthesia and Positioning	128
6.2.6	Operative Technique/Operative Steps	128
6.2.7	Complications (Including Measures for Specific Complications)	129

6.2.8	Postoperative Care (Including Medication and Drainage)	129
6.2.9	Outcome (Including EBM Data for AHI and ESS)	130
6.2.10	Other Pediatric Obstructive Sleep Apnea Surgeries	132
7	Nose	137
7.1	Introduction	137
7.2	Pathophysiology	137
7.2.1	Nasal Breathing during Wakefulness	137
7.2.2	Nasal Breathing during Sleep	137
7.2.3	Theories, How an Increase in Nasal Resistance Can Induce Airway Collapse	137
7.3	Conservative Treatment of the Nose	138
7.3.1	Drugs	138
7.4	Nasal Surgery	139
7.4.1	Nasal Surgery for Snoring	140
7.4.2	Nasal Surgery for Obstructive Sleep Apnea	140
7.4.3	Nasal Surgery to Improve Positive Airway Pressure Treatments	142
8	Surgery in Adults	147
8.1	Minimally Invasive Surgery	147
8.1.1	Interstitial Radiofrequency in the Soft Palate	147
8.1.2	Palatal Implants and Other Stiffening Procedures	150
8.1.3	Uvulopalatoplasty	156
8.2	Invasive Procedures	160
8.2.1	Palate and Tonsils	160
8.2.2	Tongue Base	192
8.2.3	Larynx and Trachea	222
8.3	Maxillofacial Surgeries	230
8.3.1	Introduction	230
8.3.2	Distraction Osteogenesis Maxillary Expansion	239
8.4	Multilevel Surgery	242
8.4.1	Definition	242
8.4.2	Indications, Contraindications, and Patient Selection	244
8.4.3	Diagnostic Workup	244
8.4.4	Specific Risks, Patient Information, and Consent	244
8.4.5	Anesthesia and Positioning	245
8.4.6	Equipment	245
8.4.7	Operative Technique/Steps	245

8.4.8	Complications	245
8.4.9	Postoperative Care	245
8.4.10	Outcomes	245
9	Bariatric Surgery	259
9.1	Definition	259
9.2	Indications, Contraindications, and Patient Selection	259
9.3	Diagnostic Workup	259
9.4	Specific Risks, Patient Information, Consent	260
9.5	Anesthesia and Positioning	260
9.6	Equipment	260
9.7	Operative Technique/Operative Steps	260
9.8	Complications (Including Measures for Specific Complications)	261
9.9	Postoperative Care (Including Medications and Drainage)	261
9.10	Outcomes (Including Data for Apnea–Hypopnea Index and Epworth Sleepiness Scale)	261
10	Postoperative Care and Follow-Up	264
10.1	Perioperative Care and Follow-Up: Anesthesiologist’s Aspects	264
10.1.1	Introduction	264
10.1.2	Perioperative Complications of OSA	264
10.1.3	Preoperative Management of Patients with OSA	265
10.1.4	Intraoperative Management of Patients with OSA	265
10.1.5	Postoperative Management of Patients with OSA	266
10.1.6	Outpatient Surgery for Patients with OSA	266
10.1.7	Conclusion	267
10.2	Perioperative Management: Surgeon’s Perspective	267
10.2.1	Introduction to OSA	267
10.2.2	Definition of OSA	267
10.2.3	Prevalence of OSA	267
10.2.4	Clinical Symptoms Suggesting Presence of OSA	268
10.2.5	General Clinical Signs Suggesting Presence of OSA	268
10.2.6	Head- and Neck-Specific Clinical Signs Suggesting Presence of OSA	268
10.2.7	Surgical Groups	268
10.2.8	Methods of OSA Screening	269
10.2.9	Treatment of OSA	271
10.2.10	Intraoperative Management	271
10.2.11	Postoperative Management	272

10.2.12 Postoperative Follow-Up	275
10.3 Follow-Up	277
10.3.1 Definition	277
10.3.2 Follow-Up for Outcome Measurements	277
10.3.3 Follow-Up in Active and Passive Implants for Sleep Apnea	278
Index	283