

# Surgery for Sleep Apnea

If you have sleep apnea, your healthcare provider may advise surgery. Surgery may help if other treatments, such as CPAP therapy, are not working for you.

Many types of surgery are used to treat sleep apnea. Their goal is to reduce blockages of your airway, so you breathe more easily. Depending on what is causing your symptoms, you may have surgery on your mouth or throat, your nose, or your jaw.

In many cases, sleep apnea occurs because a part of the throat or mouth is partially or completely blocking the upper airway during sleep.

This could be your tonsils, adenoids, uvula, or soft palate. Removing or trimming these parts may help ease symptoms.

Problems in the nose can also make sleep apnea worse. These include growths in the lining of your sinuses or a crooked septum. The septum is the bone and cartilage separating your nostrils.

Surgery can improve airflow during sleep by fixing these problems.

Sometimes jaw surgery may help. If your jaw sits too far back, your tongue may also be too far back. It may block your airway when you sleep.

Moving your jaw forward moves your tongue forward and widens the airway overall.

Your healthcare provider can tell you more about your surgery options. You'll go over the benefits and risks. You and your provider will decide on the best surgery for you.

Soon, you will be breathing and sleeping better.