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## PALATAL IMPLANT PROCEDURE

### General information:

- ◆ Palatal implant placement is a minimally invasive procedure typically done in the office.
- ◆ Over time the implants induce scar tissue formation in the soft palate, making it stiffer and less pliable.
- ◆ A stiffer palate results in less vibration and soft tissue collapse.
- ◆ It will take up to 6 months to achieve the full benefit of the procedure.
- ◆ Indications:
  - Snoring
  - Mild to moderate obstructive sleep apnea

### Pre-surgery instructions:

- ◆ Bring someone with you on the day of the surgery.
- ◆ Take the antibiotic prescribed 1 hour prior to the procedure.

### Procedure considerations:

- ◆ The procedure is done under local anesthesia.
- ◆ Typically the procedure lasts 30 minutes.
- ◆ The procedure is painless.
- ◆ The procedure involves placement of 3 implants into the soft palate.
- ◆ Follow up is generally in two weeks.

### Risks of surgery:

- ◆ All surgeries have risks and only the most important are listed here.
- ◆ There is a risk of bleeding with any surgery. Bleeding is rare with this surgery and is generally noted and controlled at the time of the surgery.
- ◆ There is a risk of infection anytime any surgery is done. Signs of infection include fever, night sweats, unusual pain, or discharge of thick pus from the area of the procedure. Please report concerns of infection to the office.
- ◆ The implants can extrude or be rejected by your body.
- ◆ The implants may not completely eliminate your snoring or cure you of sleep apnea.

### Post surgery instructions:

- ◆ Finish all antibiotics.
- ◆ Take pain medication as necessary.
- ◆ You can return to work and normal activity the next day.
- ◆ Avoid eating/drinking until all local medication wears off.
- ◆ Eat soft foods for the first 1-2 days after surgery.
- ◆ Rinse your mouth with salt water (1 tsp salt in 8 oz of water) after every meal.