

**SURGERY INFORMATION ON
TONGUE BASE REDUCTION PROCEDURES**

Tongue base reduction procedures are performed for treatment of snoring and obstructive sleep apnea. Like any other surgical procedure, successful results occur in a percentage of patients but is not guaranteed. A very significant percentage of patients may need additional treatment for their problem. Following tongue base surgery, you may experience any of the following:

1. Sore Throat.
2. Sensation of swollen tissues in the throat.
3. Numbness of the tongue.

These are **NORMAL** and in most cases will resolve within a period of time as healing takes place.

COMPLICATIONS: Complications are rare but may occur. The most common complication is that you may need additional treatment to correct your sleep apnea or snoring. Other complications that are extremely rare but may occur include:

1. Bleeding.
2. Infection. In very rare cases, this may require surgical drainage of an abscess. It may cause airway obstruction.
3. Sensation of chronic phlegm (mucous) in the throat.

IMPORTANT:

1. You may require 4 – 10 treatments over a period of months.
2. After tongue base reduction there is some swelling of the tissues and your snoring and apnea may be temporarily worse. You must have a CPAP unit at home to have this procedure performed. It should be used if there is swelling , and every month after each treatment.