A Critical Overview of the Sleep Apnea Surgery Role

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Obstructive Sleep Apnea (OSA) is a disease characterized by intermittent and repetitive narrowing of the airway during sleep. Surgical therapies for the treatment of OSA aim to improve airway patency by addressing selected site(s) of obstruction. Since several areas may each be responsible for the narrowing, different surgery modalities have also been developed. In this review, we give an overview of surgery for each of potential obstruction. As a consequence of the multifactorial and heterogeneous etiology of OSA, surgical therapies need to be selected and performed specifically to each patient, as there is no perfect surgery that will fit all patients. As with any other treatment modalities for OSA, surgical therapies have variable efficacy, but are a very important tool on OSA management in selected patients and have been shown effectiveness to decrease the morbidity and mortality associated with the disease.