

Radiofrequency volumetric tongue base reduction as a treatment of obstructive sleep apnea

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Abstract:

Radiofrequency volumetric tongue base reduction is an easy, safe, cost-effective method that is nearly devoid of complications and does not require skillful surgery. It is performed on divided treatment sessions under local anesthesia. This study showed that this technique is effective in eradication of apnea in moderate OSA patients, and partial eradication of apnea in severe OSA patients. The latter are candidates for further application of radiofrequency energy, attacking lateral pharyngeal wall, and use of CPAP.

Key words: Radiofrequency, tongue base, obstructive sleep apnea.