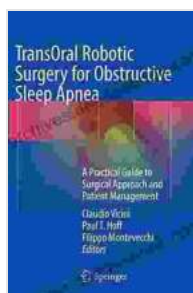


Transoral Robotic Surgery: A Comprehensive Guide to Treating Obstructive Sleep Apnea

Obstructive sleep apnea (OSA) is a serious sleep disorder that can lead to a range of health problems, including heart disease, stroke, and diabetes. OSA occurs when the airway is blocked during sleep, causing the person to stop breathing for short periods of time. These pauses in breathing can disrupt sleep and lead to daytime fatigue, irritability, and difficulty concentrating.

Traditional treatments for OSA include lifestyle changes, such as losing weight and avoiding alcohol before bed, and using a continuous positive airway pressure (CPAP) machine. While these treatments can be effective, they can also be uncomfortable or inconvenient for some people.



TransOral Robotic Surgery for Obstructive Sleep Apnea: A Practical Guide to Surgical Approach and Patient Management by Adolph Barr

★★★★☆ 4 out of 5

Language : English
File size : 3111 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 248 pages



Transoral robotic surgery (TORS) is a minimally invasive surgical procedure that can be used to treat OSA. TORS is performed through the

mouth, and it does not require any incisions in the neck. During TORS, the surgeon uses a robotic arm to remove or reposition the tissue that is blocking the airway.

Benefits of TORS

TORS offers several benefits over traditional treatments for OSA, including:

* **Less invasive:** TORS is a minimally invasive procedure, which means that it does not require any incisions in the neck. This can result in less pain, scarring, and recovery time. * **More effective:** TORS is more effective than traditional treatments for OSA, such as CPAP and lifestyle changes. Studies have shown that TORS can reduce the severity of OSA by up to 90%. * **More convenient:** TORS is more convenient than traditional treatments for OSA, such as CPAP. CPAP machines can be bulky and uncomfortable, and they can make it difficult to travel. TORS is a one-time procedure, and it does not require any ongoing treatment.

Candidates for TORS

TORS is not right for everyone. The best candidates for TORS are people who:

* Have moderate to severe OSA * Are not obese * Do not have any other medical conditions that would make surgery risky

Procedure

TORS is performed under general anesthesia. The surgeon makes a small incision in the back of the mouth, and then inserts a robotic arm. The robotic arm is used to remove or reposition the tissue that is blocking the airway. The surgery typically takes about 2 hours.

Recovery

After TORS, you will stay in the hospital for 1-2 days. You will be given pain medication to manage discomfort, and you will be started on a liquid diet. You will gradually be able to resume your normal diet and activities over the next few weeks.

Risks

TORS is a safe procedure, but there are some risks associated with it, including:

* Bleeding * Infection * Damage to the nerves or muscles in the mouth * Difficulty swallowing * Numbness or tingling in the tongue

TORS is a minimally invasive surgical procedure that can be used to treat OSA. TORS is effective, convenient, and has a low risk of complications. If you are considering surgery for OSA, talk to your doctor about TORS.

Frequently Asked Questions

What is the success rate of TORS?

The success rate of TORS is about 90%. This means that 90% of people who undergo TORS experience a significant reduction in the severity of their OSA.

How long does it take to recover from TORS?

Most people recover from TORS within 2-4 weeks. You will be able to resume your normal activities gradually over this time period.

Are there any long-term risks associated with TORS?

There are no known long-term risks associated with TORS.

How much does TORS cost?

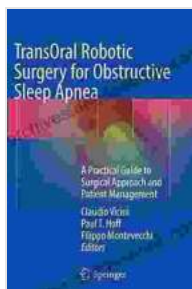
The cost of TORS varies depending on the surgeon, the hospital, and the location. The average cost is between \$10,000 and \$20,000.

Is TORS covered by insurance?

Most insurance companies cover TORS for people who have moderate to severe OSA. However, you should check with your insurance company to determine your specific coverage.

What are the alternatives to TORS?

The alternatives to TORS include lifestyle changes, such as losing weight and avoiding alcohol before bed, and using a CPAP machine. These treatments can be effective, but they can also be uncomfortable or inconvenient for some people.



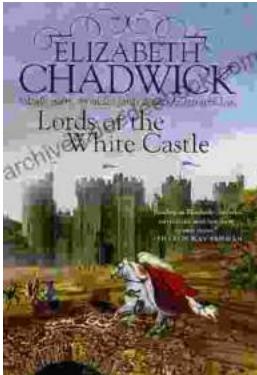
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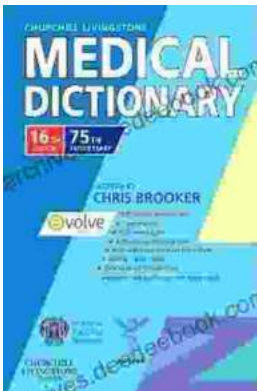
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