

Patient information

Surgery for snoring

Before you decide to have an operation, you should note that you are more likely to snore if:

- You are overweight.
- You smoke.
- You drink alcohol in the evening.
- You take sleeping tablets or other forms of sedation.
- If your sleep study is normal, it will mean that you do not have a significant medical condition. Both you and your partner should consider this point carefully before you decide to have an operation.

The aim of the operation is to improve your symptoms. You will have a general anaesthetic for the operation. The operation is performed through the mouth and involves removal of your tonsils, if you have not had them removed previously, and trimming the edge of the soft palate, including the 'dangly bit' or uvula. This shortens and stiffens the palate and reduces its vibration when you sleep. This should make you snore less.

After your operation

- Your throat will be painful, sometimes exceedingly so, for one to two weeks. Although it is sore it is very important that you eat normally afterwards as this helps your throat to heal.
- Most patients improve initially but there is a tendency to relapse as time goes by. Reliable long-term results are not available.
- The operation may have a number of side-effects as follows:
 - Some patients notice that their throat 'feels different'. This may be a tightness, catarrhal feeling, feeling of a lump or just something indefinably different. These symptoms are usually minor.

- Bleeding occurs occasionally. If this happens about a week after the operation it is usually caused by infection. The risk of this happening is greatly reduced if you eat normally.
 - The back of the throat will look different.
 - A very small number of patients notice a temporary change in their taste.
 - A very small number of patients have occasional swallowing difficulties.
 - Some patients are unable to 'roll the r' in speech. This is not important in English but may be in other languages.
- Drink plenty of cool fluids, non-alcoholic
 - Eat a normal diet, little and often to relieve pain.
 - You can rest at home.
 - You should take your pain relief medication as prescribed.

You will need to rest at home after your operation and should arrange to take two weeks off work. For the first week, you should stay at home and should mix with as few people as possible to reduce the risk of infection. After two weeks the throat should have healed and you can return to a normal life.

You will be seen in the clinic about two months after the operation.

See your GP if:

- There is an increase in pain.
- You develop a high 'temperature/fever'.

If you have any sudden bleeding call 999 or come to Accident & Emergency without delay

If you require any further advice or information, please contact the ENT ward via the hospital switchboard on 01284 713000 Monday to Friday.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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