

SOFT PALATE STIFFENING/STABILIZATION

Two effective, FDA Approved, Treatment for Snoring aka “Sleep Disordered Breathing”

In addition to interrupted sleep and daytime fatigue, **snoring** historically considered a “social problem” has been recognized as a medical health problem in the sleep disturbance classification known as “sleep disordered breathing.” It is not sleep apnea (stopping of breathing), but a component of the sleep disorders health category and can lead to major health problems. Disruptive snoring also can contribute to conflict and stress for both sleep partners. The asynchronous vibration (snoring) sends a message to the brain that there is an airway obstruction, causing the brain to close the airway to protect it, stopping breathing (hypopnea). Once in place, the inserts add structural support to the soft palate and create a smooth, wave like, synchronous vibration. Over time, the body’s natural tissue response to the inserts increases the structural integrity of the soft palate as the implants are being replaced by scar tissue.

They are designed to be invisible and should not be felt or interfere with allowing or speech. Soft diet for **2-3** days. Feels like a “Hot Pizza Burn in the roof of the Mouth.” The Elevo Implants resorb while the pillar implants are material used in implantable medical devices -heart valves (PET) remain in place. Similar to a splinter, pillarimplants may be pushed out by the body over time (rare).

- ▶ Less invasive and less painful than other surgical procedures
- ▶ Completed in a single, short office visit utilizing local anesthesia or under sedation
- ▶ FDA approved and clinically proven, in patients with BMI <30 comparable results to aggressive surgery

ELEVOPLASTY® PROCEDURE

During the ElevoPlasty® Procedure, (3) barbed (3) tiny woven inserts are placed in the soft palate to help reduce the “vibrations” and “shorten” the soft palate that causes the snoring sound and the ability of the soft palate to obstruct the airway.

PILLAR® PROCEDURE

Six implants are placed into the soft palate to structurally support it.



6 Implants placed into the palate tissue stabilize the aerodynamic flow of air over the palate lessening the vibrations with less noise (snoring) production.

BODY MASS INDEX CHART

BMI Ranges:	
Underweight	<20
Ideal	20-25
Overweight	25-30
Obese	>30

Your Body Mass Index: _____

Your Ideal Weight: _____

Body Mass Index (BMI) Chart

