

Combined therapy for severe obstructive sleep apnea: palate surgery and oral devices

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New therapy options for different stages of obstructive sleep apnea (OSA) have been developed in recent years. The most challenging are patients with severe OSA who cannot tolerate CPAP therapy. Here we will present a combined therapy – novel surgery of the palate – with the most advanced oral device – Somnodent. Proper patient selection using somnoscopy will be explained which is a crucial part in the successful end result.

Key words: OSA, palate surgery, oral devices