

## Do I qualify for radiofrequency treatment (RaVoR™)?

If you are a person who “simply” snores regularly and loudly, this treatment may just be the right one for you. Snoring can sometimes be the result of a disease, as for instance when combined with interruptions in breathing. In this case you may suffer from the so-called “obstructive sleep apnoea syndrome” leading to a shortage of oxygen in the blood and having negative effects on your entire system, in particular the heart and circulation. In this case your doctor will have to determine whether further treatment is indicated. Trust your doctor to diagnose you correctly and find the right kind of treatment for you.

## What side effects are to be expected?

After the intervention, light or moderate pain may occur in the mouth and throat, but will disappear or can be treated with painkillers. It is not unusual for slight swellings to occur in the palate, but those will go down again within a few days. Consult your ENT doctor to find out more about the possible, but rare side effects following this intervention.

## Notes

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Talk to your doctor:

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snoring

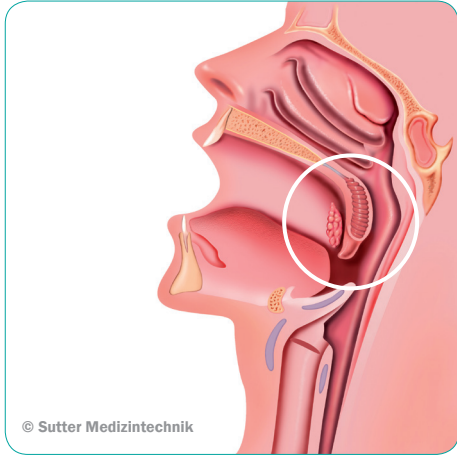


**SNORING**  
– a problem without solution?

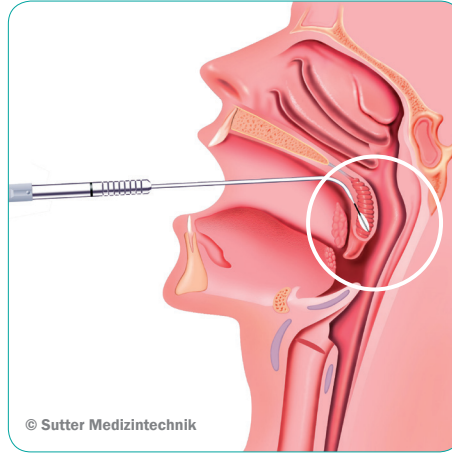
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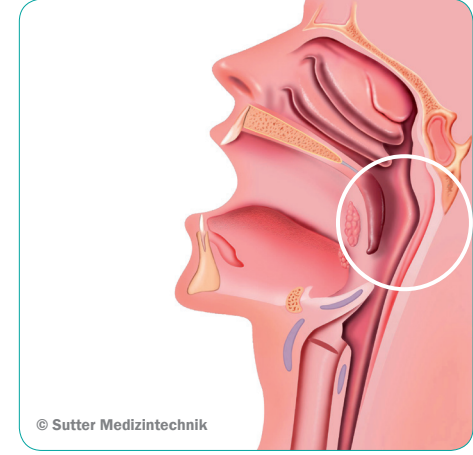




Excess tissue enlarges the posterior part of the palate and constricts the air passage during sleep.



Radiofrequency energy is administered through a probe and heats excess tissue.



The decomposition of tissue treated with radiofrequency shrinks the soft palate and air may pass again unhindered.

## Why do many people snore?

Snoring is a common problem. In most cases, however, it is not a “disease”, but simply the disturbing result of a change or enlargement in the palate caused by excess tissue.

When a person relaxes in sleep, the posterior (soft) palate will relax as well and collapse slightly. If the palate is larger than usual already, the airflow has to pass through a “bottleneck”. The air presses through the constricted passage in the mouth, and the soft palate in the posterior part of the mouth with the so-called uvula starts to vibrate. The vibration is what causes the snoring noise.

## What can be done?

By using the fairly new and gentle method of radiofrequency volume reduction (RaVoR™), the ENT doctor is able to reduce and stiffen the posterior part of the palate. This is done under local anaesthesia by inserting a fine probe into the palate. A carefully measured amount of radiofrequency energy is administered through the probe and heats the application area. The tissue treated with heat decomposes with the help of the body’s own immune system. This purposely caused, natural healing process leads to a volume reduction of the tissue and thus the stiffening of the soft palate. It may take a few weeks for the desired effect to show fully.

After the stiffening takes place, air may flow freely through the throat. Most of the time the snoring noise is reduced or disappears as verified by a number of clinical studies that have been done.

This small surgical intervention is performed under local anaesthesia on an out-patient basis and will not take longer than a few minutes. Afterwards the patient is able to get up and leave the surgery immediately and on his own. Post-operative follow-up, sick-leave or even a stay at the hospital is generally not needed.

Occasionally a second or very rarely a third treatment is necessary to achieve the best result possible.