

Obstructive Sleep Apnea and Surgery

What should I know about obstructive sleep apnea and surgery?

Obstructive sleep apnea (OSA) is a common sleep disorder that affects how you breathe when sleeping. With OSA, tissues in the mouth, throat, and neck close off the airway. This causes you to breathe very shallowly or even stop breathing from a few seconds up to a minute. These interruptions can happen many times each hour. People with OSA, or those at risk for OSA, can have surgery, but they may be at higher risk for complications during and after surgery, such as breathing difficulty and even death.

Surgery recommendations

Your primary care physician will evaluate your OSA risk before scheduling a surgery consultation. This will include filling out a questionnaire called the STOP BANG assessment. If you have a score of 5 or greater on the assessment, it is important that you obtain a sleep study as soon as possible and get appropriate treatment before scheduling surgery. It is also important to share your OSA treatment plan with the surgery team once your surgery is scheduled.

Where can I learn more?

Intermountain Sleep Services

intermountainhealthcare.org/locations/intermountain-medical-center/medical-services/sleep-services

Sleep Education (American Academy of Sleep Medicine)

sleepeducation.org

Questions for my doctor

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