

Drug induced Sleep Endoscopy and Multilevel Single Stage Sleep Surgery

Obstructive sleep apnea syndrome is a disease characterised by repetitive cycles of breathing wherein there are repetitive pauses causing oxygen to decrease . This causes the brain to wake up to so as to send signal muscle of neck to again open the passage. Repeated brain awakening causes tiredness. These patients are prone to accidents and have a tendency to easily fall asleep affecting their productivity. Persistent sleep time hypoxia can cause long term complications like heart attack,stroke ,hypertension,cognitive decline ,depression and cancer.. The treatment is multipronged ; including medical and surgical management.

We present a case of a 20 year male from Bangladesh who presented to ENT clinic with complaints of frequent night time arousals associated with snoring and tiredness. After a diagnostic sleep study ,he underwent Drug induced sleep endoscopy wherein a flexible laryngoscope was inserted into nose and negotiated into pharynx after inducing pharmacological sleep in the patient. Maintaining an optimal level of arousal without intubation requires skill on the part of anaesthetist.

The patient was then operated at multiple levels of airway viz nose nasopharynx and palate to open the airway in a single setting without the need for prolonged intubation or ICU stay. Post surgery the patient was relieved of his symptoms significantly and claimed to have an undisturbed and sound sleep through out night with no tiredness in the morning .

Operating Surgeon : Dr Mohit Sinha, Anaesthetist – Dr Hetal Parekh and team)

