HARMONIC SCALPEL IN THE TREATMENT OF SNORING

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ABSTRACT:
Objective: We evaluated the efficacy of Harmonic Scalpel 
(3M, USA) in the treatment of obstructive sleep apnea syndrome. 

Methods: The study is an observational, prospective, single-blind, and randomized study. Patients were divided into two groups: Group A (Harmonic Scalpel) and Group B (conventional surgery). The primary endpoint was the snoring index, measured by the Snoring Loudness Scale (SLS). Secondary endpoints included the Epworth Sleepiness Scale (ESS) and the Sleepiness Questionnaire (SQ).

Results: A total of 60 patients were enrolled: 30 in Group A and 30 in Group B. No significant differences were found between the two groups in terms of snoring index, ESS, and SQ. However, patients in Group A reported a slightly lower snoring index at the 6-month follow-up compared to Group B.

Conclusion: The Harmonic Scalpel appears to be a safe and effective tool for the treatment of snoring and obstructive sleep apnea syndrome. Further studies are needed to confirm these findings.

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