



A patient's guide to understanding Referral of Adults with Obstructive Sleep Apnea for Surgical Consultation

This patient's guide summarizes the AASM's recommendations for referral of adults with obstructive sleep apnea (OSA) for surgical consultation. This guide will help you know what to expect when talking with your sleep clinician. If you want more information, you can read the [full clinical practice guideline](#).

If you've been diagnosed with OSA, your sleep provider should discuss different treatment options available to you and their potential benefits and risks. These options include positive airway pressure (PAP) therapy as well other therapies (e.g., dental devices, surgery, lifestyle changes). This guideline outlines when your sleep clinician may discuss consultation for surgery with you. The following information will help you know what to expect from a sleep provider who is helping you manage your OSA.

WHEN SHOULD MY SLEEP CLINICIAN DISCUSS A SURGICAL CONSULTATION REFERRAL WITH ME?

Your sleep provider should discuss referring you for a surgical consultation if:

- You have difficulty using or prefer not to use PAP therapy,
- Your body mass index (BMI) is $> 35 \text{ kg/m}^2$. You may be a candidate for bariatric surgery (digestive system surgery to help you lose weight).

WILL MY SLEEP CLINICIAN DISCUSS SPECIFIC SURGICAL TREATMENT OPTIONS WITH ME?

If you meet any of the conditions above, your sleep clinician may consider referring you to a specialist who can discuss specific procedures that may help with your OSA. The surgery would proceed only when you and the surgeon have agreed upon the risks and benefits.

WHAT HAPPENS IF I DECLINE SURGERY?

If you speak with a surgeon and decide against surgical treatment, you should talk to your sleep clinician about other treatments to manage your OSA.

NEXT STEPS

You should talk with your sleep provider if you think you have OSA. For more information about OSA or to find an accredited sleep center near you, please visit sleepeducation.org.