

CPAP

In certain conditions, there is no other option but to use the machine where Continuous Positive Air Pressure (CPAP) will keep your airway open. The continuous air which is blown through a mask will prevent your airway collapsing during sleep. CPAP is a good option for those patients who are not keen, or are unable to undergo surgery. There are several types of machines available and selection will be done based on your individual needs.

The
Right  Nose



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More info about your doctors
www.therightnose.com



Snoring Clinic

Snoring has often been the subject of jokes without knowing it could be a major life shortening disease!



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Can't Sleep because of snoring?

Almost every third family suffers loud sleepers which can seriously influence their everyday lives.

If left untreated, snoring can cause significant health issues such as high blood pressure, cardiovascular disease, stroke, headaches and daytime fatigue leading to job and life impairment.

When should you be worried and contact us?

- Daytime sleepiness
- Choking / pauses in breathing during sleep
- Loud and irregular snoring
- Severe morning headaches
- Excessive night sweats

The consultation regarding snoring problem built on three types of investigation

- General snoring assessment
- Mapping your airway by flexible pencil sized camera
- Sleep study - either home or in the hospital

After reviewing the test results we will be able to give you a personalized management plan.

Do not forget if the snoring is left untreated, it can cause significant health issues leading to life and job impairment!

Obstructive Sleep Apnea

Apnea means "without breath" and is caused by relaxation of the tongue / soft palate / throat muscles in such way that the airway towards to the lungs is blocked. The sleeper is unable to catch a breath for 10 seconds or longer leading to crucial parts of the body (brain, heart etc.) being without oxygen. Most of us during sleep experience an occasional period without breath, but if it is more than 15 episodes per hour it is too much and require immediate medical treatment.

How do I know if I have sleep apnea?

Sleep apnea could affect all of us, including infants, without really noticing it. A definite diagnosis can be made only by a proper sleep study. A good night sleep is not the same in the hospital as it is at home. Therefore, as a first line basic screening test we recommend our patients undergo sleep study at home. The sleep monitor will be delivered to your home, fitted and explained to you. Dr. Levente will discuss the findings with you and give you advise about your specialized treatment protocol.



Surgical Treatment

In most cases the blocked or narrowed airway causes a massive soft tissue vibrations which is generate noise. The goal of the surgery is to identify the narrowest point, and create smooth airflow to avoid turbulence. It may involve removing the tonsils, adenoids, uvula or excess tissue at the back of the throat. In addition, nasal surgery can be performed to correct nasal septal deviation or to reduce the size of the nasal turbinates.

The most common mechanical obstructive component in our airways:

- Adenoid / Tonsil enlargement
- Small or collapsing nostrils
- Deviated nasal septum
- Enlarged nasal turbinate and/or nasal polyps
- Large soft palate or uvula
- Obstruction at the back of the tongue
- Abnormality around the voice box

The location of the obstruction could be identified during your consultation with Dr. Levente.

In most cases the obstruction is multifactorial, therefore surgical assessment will only be successful if it is followed by lifestyle changes.

“ *I had a septum correction procedure with Dr. Levente. I can't recommend anything better! After 3 weeks from the procedure my life changed totally, I can breathe as never before, I sleep properly and I start again exercising. Thank you Dr. Levente!* ”