

assessed by measuring the mouth opening during sleep in follow-up polysomnography.

4. Delayed recovery of nasal receptor functions

When we consider that sleep breathing indexes are not changed, one of the explanations is that nasal receptors function and nasal mucosa afferents have delayed post-surgery recovery (32). As mentioned previously, the normal function of these receptors is necessary to control the dilator function of pharyngeal muscles, ventilation and respiratory rate.

Conclusion

Although nasal obstruction is one of the factors involving in obstructive apnea, one has to keep in mind that surgery to relieve nasal obstruction will not result in major reduction of OSAS severity. Detailed upper airway analysis has to be considered when surgery for obstructive sleep apnea is an option. Thus, nasal surgeries are beneficial when they are a part of a multilevel approach in obstructive sleep apnea treatment.

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Conflict of Interest

The authors declare no conflict of interest.

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