

## **Surgical Treatment of Snoring**

- Uvulectomy (removing or trimming the uvula)
- Palatoplasty (trimming or reshaping and stiffening the soft palate)
- Uvulopalatopharyngoplasty (UPPP) (trimming the palate and tightening the sidewalls of the throat)
- Tonsillectomy (removing the tonsils)  
Transpalatal Advancement (trimming the bony palate and advancing the soft palate forward)
- Septoplasty (straightening an obstructing nasal septum)
- Inferior Turbinate Submucous Resection (removing portions of turbinate bone while preserving mucosa)