

White Rock ENT
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The Pillar Procedure

A safe, minimally invasive treatment for snoring and in some patients with mild to moderate sleep apnea

Performed in office, the procedure takes approximately 30 minutes

Most patients report a noticeable, lasting reduction in snoring 3 months after the procedure

Clinical studies reveal 80% reduction in snoring, decreased daytime sleepiness and reduction in apnea

The Requirements

Not everyone is a candidate for the pillar procedure. Careful evaluation by either Dr. Jordan or Dr. Lee is required to determine if this procedure is best suited for your needs. If your circumstances do not fit the criteria for this procedure, we have other alternatives to treat apnea and snoring.

A sleep study must be performed prior to the procedure to determine the severity of your apnea. This can be scheduled by our office.

Cost

The cost of the Pillar Procedure is \$1725.00 and is currently not covered by most insurance companies. However, we will provide the paperwork necessary to file with your insurance company and you can file your claim yourself.

What to expect

The physician will once again go over the procedure and answer any questions you may have regarding the procedure

You will need to start on an antibiotic the day before your procedure and you will take it for two days following the procedure

You will have a slight sore throat for a few days following the procedure. This pain is usually well controlled on Motrin or Advil.

A normal diet can be resumed immediately following the procedure

Most people can return to work the day following the procedure