

An in-office treatment for
SNORING



How does your snoring affect you?

**90
MILLION**
adults affected by snoring

Your impact on others?

Approximately 20% of adults in the developed world consistently snore loudly enough at night to disturb their sleeping partners.³ Snoring can cause frustration and resentment in partners and family members, even leading partners to sleep in separate rooms.⁴

Snoring is breathing loudly while asleep. According to the National Sleep Foundation, snoring affects as many as 90 million adults in the US.¹ Snoring is caused by air vibrating the tissues in your nose and mouth—and those vibrations produce noise.

Your quality of life?

Snoring can have a number of negative social effects, including excessive daytime sleepiness, increased agitation, decreased productivity, and difficulty concentrating.²

20

PERCENT OF ADULTS

snore loudly enough to
disturb their bed partners

look inside to
learn more



How is snoring treated today?

There are many ways to treat snoring. Some of these include over-the-counter sleep aids such as nasal strips, nose plugs, and mouthpieces; other treatments can even involve invasive surgical procedures. However, not all of these remedies work for long-term snoring.



nasal strips



nose plugs



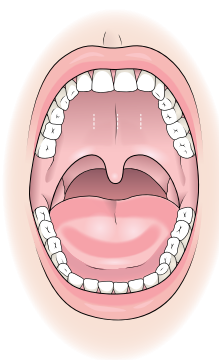
mouthpieces



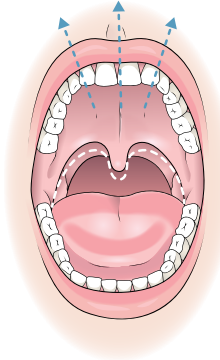
surgery

What is Elevoplasty®?

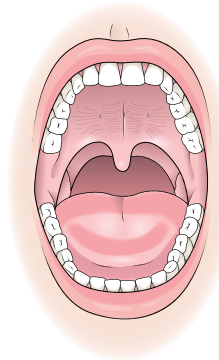
Elevoplasty is a procedure that is performed in a doctor’s office. The procedure lifts and stiffens the soft tissue at the top and back of the mouth to help reduce snoring.



Three small resorbable sutures are placed into the soft palate.



The sutures are gently pulled to provide lift.



As the sutures resorb, the tissue is stiffened.

What should I expect immediately after the Elevoplasty procedure?⁵



Sore throat 2-3 days after the procedure



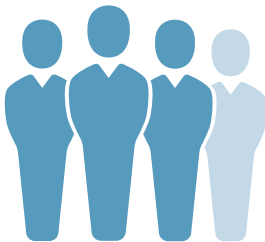
Most patients were able to deal with their pain after the procedure using **over-the-counter medications**.



Avoid spicy or acidic foods and alcohol

Other side effects may include minor bleeding, mild pain or discomfort, the swelling of tissues at the top and back of your mouth, trouble swallowing, and bruising.

What have other patients experienced with Elevoplasty?⁶



3 out of 4 patients saw a **reduction in snoring** at 30 days post-procedure.



Reach out

to your doctor to schedule an Elevoplasty consultation.

Doctor’s name: _____

Appointment date and time: _____

Have questions for your doctor? Use the space below.

References

1. Aging, sleep health, sleep problems: Snoring and sleep. National Sleep Foundation Web site. <https://www.sleepfoundation.org/articles/snoring-and-sleep>. Accessed November 15, 2019.
2. Friedman M, Gillespie MB, Shabdiz FA, et al. A new office-based procedure for treatment of snoring: the S.I.Le.N.C.E. study. *Laryngoscope*. 2020;1-7.
3. Kapur VK. Obstructive sleep apnea: Diagnosis, epidemiology, and economics. *Respir Care*. 2010;55(9):1155-1167.
4. Breus MJ. How to keep snoring from hurting your relationship. Psychology Today Web site. <https://www.psychologytoday.com/us/blog/sleep-new-zzz/201412/how-keep-snoring-hurting-your-relationship>. Published December 17, 2014. Accessed November 15, 2019.
5. Friedman M, Gillespie MB, Shabdiz FA, et al. A new office-based procedure for treatment of snoring: the S.I.Le.N.C.E. study. *Laryngoscope*. 2020;1-7.
6. Elevo kit snoring intervention device. Premarket notification 510(k) K181107.

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Elevo® Snoring Intervention Set

CAUTION: U.S. federal law restricts this device to sale by or on the order of a physician (or a properly licensed practitioner).

INDICATIONS FOR USE: The Elevo® Kit Snoring Intervention Device is intended for use in stiffening the soft palate tissue, which may reduce the severity of snoring in some individuals.

WARNINGS: Do not resterilize. Dispose of used Elevo® suturing needles in a sharps container similar to any other medically-used sharp device. Retain opened, unused Elevo® Kits only until their printed expiration date. • Store unopened Elevo® Kits in a cool place (e.g., an office that has consistent air conditioning, including on weekends) and out of direct sunlight. Storing Elevo® Kits in an office in which air conditioning is turned off on weekends may shorten shelf life and is not recommended.

PRECAUTIONS: The Elevo® Kit Snoring Intervention Device is not to be used in the treatment of obstructive sleep apnea.

ADVERSE EVENTS / COMMON TREATMENT EVENTS: Minor Bleeding • Mild Pain or Discomfort • Palate Swelling • Palpable Suture • Dysphagia

See instructions for use for full product information.

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