



CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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Quality of Life and Subjective Outcomes Following Maxillomandibular Advancement Surgery for the Treatment of Obstructive Sleep Apnea

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Objective: The aim of this study was to assess outcomes related to general quality of life, daytime sleepiness and functional sleep outcomes, functional outcomes of orthognathic surgery, and facial aesthetics in patients undergoing maxillomandibular advancement (MMA) surgery for the treatment of obstructive sleep apnea (OSA).

Materials and Methods: This was a cross-sectional self-report study. A questionnaire was constructed using questions drawn from previously validated questionnaires. The survey was distributed to 25 patients who underwent MMA surgery for the treatment of OSA at LHSC in London, Ontario by a single surgeon between 2002 and 2013.

Results: The survey results showed that MMA patients responded positively with respect to quality of life, snoring, functional sleep outcomes and daytime sleepiness, and facial aesthetics. Nineteen (86.4%) indicated that their sleep apnea symptoms have improved since the surgery. Eighteen (81.8%) reported neutral or positive changes with respect to facial attractiveness. Nineteen (86.4%) indicated that their overall quality of life has become better since having MMA. Most patients indicated that the surgery was worthwhile and would recommend it to others suffering from OSA.

Conclusions: MMA surgery for the treatment of OSA appears to have an overall positive effect on quality of life, sleep outcomes, and aesthetic outcomes. The majority of patients found the surgery worthwhile. Orthodontic treatment in conjunction with MMA appears to enhance the subjective aesthetic outcomes of treatment.