

## The Pillar Palatal Restoration Procedure

After first numbing the area with a local anesthetic, your physician will place three tiny inserts in your soft palate using a specially designed Delivery Tool. The inserts are made of a braided polyester material that has been used for many years in medical products.

After the inserts are placed, they will be invisible in the soft palate. Pain and swelling are minimal. Most patients only use an over the counter pain reliever to treat discomfort and can resume a normal diet and activities within 24 hours. Over time, the inserts create a stiffening response in the tissue, which further supports the soft palate.



Placement of three Pillar inserts\*

## Is the Pillar System the Right Choice for You?

The Pillar system has the potential to dramatically improve the quality of life of the habitual snorer. Most patients start to see results in two to four weeks after the procedure. Unlike other therapies, the Pillar inserts offer the potential for a **longer-lasting effect**. Some of the benefits of the Pillar system include:

- **Simple Procedure**—Three tiny inserts are placed in a single brief office procedure. Multiple office visits are not required.
- **Minimal Discomfort**—The procedure does not involve heating or removing tissue, which minimizes swelling and post-procedure discomfort. Most patients resume normal diet and activities shortly after the procedure.
- **Results**—Most patients begin to see a significant reduction in their snoring within two to four weeks and have the potential to experience a lasting effect.



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# You can be back in the bedroom again...

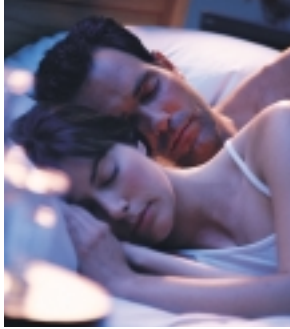


*For the REST of your life™*

\*Note: Inserts will not be visible in the palate.

## A Significant Advance in Snoring Treatment

Has your snoring affected your bedroom harmony? Now, a breakthrough new treatment can help you get back in the bedroom again. For the first time, your physician can provide



a treatment that is specifically designed to produce a more lasting reduction in snoring, after a **single, brief** procedure with minimal discomfort: The Pillar™ Palatal Implant System.

## A Whole New Approach

During the Palatal Restoration procedure, no tissue is removed. Instead, three tiny inserts are placed in your soft palate. The inserts support and stiffen the palate. In addition, the inserts are made of a polyester material that causes a stiffening response in the palate tissue itself. This supporting and stiffening of the soft palate will last as long as the inserts are in place.

- 3 tiny inserts
- 1 brief office visit
- Lasting effect

Unlike other procedures, the Palatal Restoration procedure does not require

sclerosing agents, heating or removing tissue, which means the procedure causes minimal discomfort and recovery time is short. In fact, most patients resume a normal diet and activities the same day.

## Short Term Results... And Lasting Effect

The Palatal Restoration procedure is performed in your doctor's office in a single brief visit. Most patients begin to see a significant reduction in their snoring within two to four weeks and have the potential of experiencing a lasting effect.

## What Causes Snoring?

The noisy sounds of snoring occur when the airflow through the passages at the back of the mouth and throat causes instability in the soft palate tissue. The instability then causes these tissues to vibrate, which results in snoring sounds. Studies estimate that the soft palate contributes, entirely or in part, to 90% of all snoring.

As throat muscles relax during sleep, unsupported tissues in the back of the mouth (soft palate) and throat (pharynx) may collapse reducing the size of the airway. The reduction in the size of the airway causes air speed to increase during breathing, further increasing soft palate instability. The soft palate tissue begins to vibrate producing the snoring sounds.

Stiffening the palate increases the "critical" air speed required to initiate this vibration, leading to a reduction in snoring.

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## Upper Airway Anatomy

