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## **Drug Induced Sleep Exam (DISE)**

This surgery is performed in order to examine your nose and throat as you sleep under anesthesia to determine the specific cause of your snoring or sleep apnea. During the procedure, a small camera will be passed through your nose once you are asleep. Typically a recording is created for review at your postoperative appointment. The information gathered will help guide further recommendations for management of your snoring or sleep apnea. Often this surgery is combined with other procedures, such as nasal surgery.

### **What to expect after surgery**

- A DISE does not typically result in pain, nasal bleeding, or other symptoms.
- General anesthesia can result in nausea. Your first meal after anesthesia should be soft and bland, and then you may progress to a regular diet as tolerated.
- Please arrange for a responsible adult to drive you to and from your surgery and to help listen to postoperative instructions.
- For a patient with sleep apnea, general anesthesia can worsen your symptoms during the first 24 hours. Please arrange for a responsible adult to stay with you during this time.

**Notify your physician for shortness of breath, uncontrolled nasal bleeding, chest pain, excessive drowsiness, questions about postoperative instructions, or other concerns  
706-546-7908.**