



Cranio. 2021 Oct 8;1–4. doi: 10.1080/08869634.2021.1989178. Online ahead of print.

Could mandibular fractures lead to obstructive sleep apnea?

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PMID: 34623227 DOI: 10.1080/08869634.2021.1989178

Abstract

Objective: To detect and assess obstructive sleep apnea (OSA) before and after repair of different types of mandibular fractures.

Methods: In patients with traumatic isolated mandibular fractures who were indicated for open reduction and internal fixation (OR/IF), polysomnography (PSG) was done before and 3 months after surgery.

Results: Of 51 patients (80 mandibular fractures), fractures were unilateral in 29 patients (56.9%) and bilateral in 22 patients (43.1%). PSG was normal in 33 patients (64.7%), and OSA was detected in 18 cases (35.3%); all had bilateral fracture. Mild OSA was reported in 9 cases (17.65%), and moderate OSA was detected in 9 cases (17.65%). Three months after OR/IF of the fractures, successful reduction was obtained, and PSG was within normal limits in all patients.

Conclusion: Bilateral mandibular fractures often lead to OSA, which could be cured with proper OR/IF of the fractures. OSA is not encountered in unilateral fractures.

Keywords: Mandibular fracture; internal fixation; obstructive sleep apnea; tongue; trauma.

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