

## PATIENT INFORMATION

# Advice if you are having an Injection Laryngoplasty/Vocal Fold Medialisation Procedure

A laryngeal medialisation injection is an injection into one of your vocal folds (also known as a vocal cord). These injections are offered when you have one vocal fold that is not moving properly and as a result your vocal folds cannot close normally to enable you to produce a clear voice. You may also experience difficulties with swallowing.

The injection aims to move the vocal fold which doesn't work nearer to the one that does so that there is a smaller gap between them when you speak or swallow. This is done by injecting a filler paste into the vocal fold and is called a medialisation procedure.

This injection may be carried out while you are asleep under a general anaesthetic or it can be performed under local anaesthetic while you are awake. You will have the opportunity to discuss with your ENT consultant which type of procedure is most suitable for you.

The following advice is to help you plan for the procedure and to help you get the best possible result afterwards.

### **Before the injection:**

- Avoid smoking and drinking alcohol.
- If you have been prescribed reflux medication, make sure you take it regularly.
- Plan to rest your voice after your injection – you will need to rest your voice completely (no talking or whispering) for three days.
- Warn your friends and family that you will not be able to speak for three days and take time off work if necessary.
- Have a pen and pad available to write things down.

**After the injection:**

- Rest your voice completely for three days. Do not talk, whisper, laugh out loud, sing, cough or clear your throat. Use a pen and notepad to communicate during this time.
- Avoid smoke or smoking.
- Continue to take your reflux medication as normal.
- Drink plenty of fluids (but avoid caffeinated or alcoholic drinks which dry out your vocal folds).
- Do not answer the phone during the first three days – send text messages instead.

**After the first three days:**

- Aim to speak normally but rest your voice if it feels tired.
- Continue to avoid shouting, throat clearing, coughing and whispering.
- Try and keep phone conversations short until you feel comfortable with your new voice.
- Try and have short periods of voice rest throughout your day.
- Keep drinking lots of fluids, preferably water.

**If you need further advice regarding your voice during this period please contact the Voice Team in the Speech and Language therapy Department on 01803 654948/01626 324542.**

Email – [slt.sdhct@nhs.net](mailto:slt.sdhct@nhs.net)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.