

Following your injection you may experience some of the following side effects, because your voice muscles are weaker:

1. Breathy, weak voice - this can last up to two weeks before your voice starts to strengthen. You may find your voice tires quickly with use.
2. Weaker cough or throat clear.
3. Difficulty holding your breath.
4. Difficulty swallowing thin liquids such as water or tea. When you drink liquids it should not make you cough; if this is the case it generally only lasts for two to three days.
5. Difficulty swallowing solid food such as meat or bread. When eating solids it should not feel like they are sticking or causing you to choke; if this is the case it should resolve within a week or two.

During this time the spasm in your voice will be improving and these temporary side effects should resolve after seven to fourteen days.

The advice below should help you manage these symptoms. Try out these strategies and see which works best for you

If you have difficulty swallowing drinks it may help to:

1. Sip slowly from a cup (drinking from a bottle is more difficult), taking small amounts at a time.
2. Avoid very hot or fizzy drinks.
3. Sometimes using a straw may help with swallowing.
4. Tuck your chin down as you swallow.
5. Naturally thicker drinks such as milk shakes, smoothies or hot chocolate may be easier to drink.
6. In severe, more prolonged cases, you may need to thicken liquids slightly with thickener. Please contact the Speech and Language Therapy department if you think this may apply to you.

If you have difficulty swallowing solids it may help to:

1. Modify your diet by making food softer and wetter.
2. Avoid foods that you anticipate will be difficult to swallow and those that require lots of chewing, or those that are dry or crumbly or have skins or peels on them.
3. Eat small amounts and chew well.
4. Tuck your chin down as you swallow.
5. It is not advisable to talk whilst eating. Try to avoid any distractions so that you can focus on eating and swallowing.

Try to relax and remember that all these symptoms will get better.

Please continue to complete your voice chart and note down any changes on the questionnaire provided.

If you remain concerned about your voice or swallow and need to speak to a Speech and Language Therapist (SLT) please phone the number below.

Please note: If you are unable to eat or drink anything at all or are having significant breathing difficulties please go to A&E (ED) or call 999.

Speech and Language Therapy
Telephone: **0121 371 3483**