



Advice if you are having a laryngeal medialisation injection

You have been advised that an injection into one of your vocal folds (also known as a vocal cord) will be helpful for your voice. These injections may be offered when one vocal fold is not functioning properly and as a result, your vocal folds cannot close normally to produce a clear voice. You may also be experiencing difficulties swallowing. The injection aims to move the vocal fold which doesn't work, nearer to the one which does, therefore closing the gap between them when you speak. This is done using a filler paste and is called a medialisation procedure.

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

How is the injection given?

The medialisation procedure is carried out in the ENT outpatient department. The clinic is normally held on a Tuesday and Thursday morning. Before you have the injection, we will ask you to perform a number of voice tasks so we can assess your voice. These will be recorded.

For the injection you will be asked to lie down on a couch. A local anaesthetic will be sprayed into your nose and then a nasendoscope will be passed through your nose. This is done in the same way it was when we looked at your vocal folds in clinic. Another local anaesthetic will then be injected into the front of your neck to numb the area. A second injection takes place to put the filler material into your vocal fold. At the end we will ask you to say "ee" to hear how your voice sounds. The actual injection only takes about five minutes.

Are there any risks?

The risks of this procedure are very low and will be explained to you when you give your consent. You may experience some stinging from the local anaesthetic which will soon pass; some discomfort during the procedure and coughing due to the local anaesthesia possibly referred pain to your ear.

Before your injection

- Avoid smoking and drinking alcohol and if you have been prescribed reflux medication make sure you take it regularly
- Plan to have voice rest after your injection i.e. warn your friends and family that **you will not be able to speak for two days**
- Have a pad and pen available to write things down or use a 'text to speech app'.
- Inhale the vapours from plain steam at least once, but preferably twice a day

On the morning of the injection you can eat and drink normally, in fact you may feel better if you have had a light breakfast, rather than coming in feeling hungry.

Information for Patients

You should try to bring someone with you on the day for support. If you normally drive yourself, you may drive home as long as you are feeling well.

After the injection

- We will ask you to test your voice by saying “ee”; **but after this you must rest your voice completely for two days.** Don't speak, whisper, laugh or throat clear if you can possibly help it
- You may cough a little at first and there may be specks of blood, this is normal and nothing to be alarmed by
- You will be asked to wait in the reception area for 20-30 minutes. During this time do not have anything to eat or drink. It is best to wait until the anaesthetic has worn off before drinking; this can take up to an hour
- After this time and once you can feel yourself swallowing normally, drink plenty of fluids. It is generally best to avoid caffeinated or alcoholic drinks, which dry out your vocal folds
- Avoid smoke or smoking
- Do not answer the telephone during the first 48 hours; ask people to send you text messages instead

After the first two days

After the first two days following treatment, you should:

- Aim to speak at a normal conversational level, and rest your voice if it feels tired
- Avoid shouting, throat clearing, coughing and whispering
- It is a good idea to keep phone conversations short until you have got used to your new voice
- Try to have short periods of voice rest between speaking
- Keep drinking plenty of fluids, preferably water

You will be offered an appointment to see a speech and language therapist two weeks after your injection, or if you live a long way from Birmingham, we may arrange to speak to you by telephone instead. You will normally be sent an appointment to come back to the voice clinic six weeks after your injection to see how your voice has settled.

If you have any questions or need further advice in the period until you are seen back in ENT Outpatients, please contact the Speech and Language Therapy Department using the contact details on the back of the leaflet.

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