

Vocal cord injection

ENT Patient information

You are having a procedure called a vocal cord injection. This information sheet will help answer any questions you may have. **It is important to read this information before your procedure.**

What is a vocal cord injection?

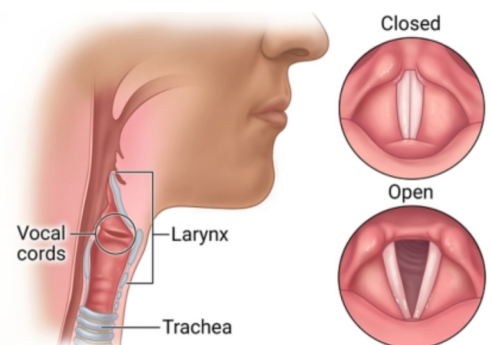
Firstly, a thin, flexible tube (scope) is inserted up your nose, to examine your nose, throat, and voice box (larynx). This is done under local anaesthetic, which is a spray that is used to numb the nose and throat. This allows us to observe your voice and swallowing under more natural conditions. This procedure should not take any longer than 10-15 minutes. A liquid is injected through the skin in the front of your neck into the vocal cords. The vocal cord injection acts as filler in the vocal cords. This bulks out the weakened/thin vocal cord to help improve the quality of your voice. The filler is injected into the weaker vocal cord pushing it closer to the one that works. This will close the gap between them when you speak, helping to make your voice stronger. Having this procedure under local anaesthetic reduces the need for a general anaesthetic and admission to hospital.

What are the main reasons for having a vocal cord injection?

- You may have a weak, quiet, breathy, or unstable voice.
- It may sound like you are losing air when you are talking.
- You may struggle to say many words within one breath, due to your voice tiring easily.
- Your throat may feel strained, tight, and uncomfortable.
- You may find that food and liquids 'go down the wrong way' causing coughing when eating or drinking.

How to prepare for the procedure:

- Please take your regular medication as usual with water.
- If you are taking blood thinning medications, such as Warfarin, aspirin, apixaban or clopidogrel, please call the outpatient treatment centre anticoagulant line on **0300 019 2145** on receipt of this letter to confirm if these medications should be stopped before your appointment.
- Please bring a list of your medications
- **Do not eat and drink** for three hours before the procedure. However, **you can have sips of water for up to 45 minutes before the procedure.**



What are the risks of having a vocal cord injection?

- The injection may not work for you and may not improve your voice to the extent you wanted.
- The injection may need to be repeated in six months.
- All procedures carry a small risk of infection and bleeding.
- You may have some bruising at the injection site on the neck.
- You may cough up small specks of blood.
- You may experience a tingling sensation in the neck or larynx (voice box).
- Although rare, you may experience swelling of the voice box, making your airway narrow, causing breathing difficulties.

After the procedure

- you should **not** eat and drink for one hour after the procedure, due to the numbing of the throat.
- you can drive yourself home.
- you do not need anyone to be with you at home with you after having a vocal cord injection unless you feel unwell.
- you can take your usual method of pain relief should you experience any pain or discomfort once the local anaesthetic has worn off.

Contact details

If you have any questions, please contact ENT admissions on **0300 019 8434**

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Georgina Edmunds** Date: **September 2024** Version: **One** Review date: **September 2027** Ref: **099/24**

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