

Laser treatment for your voice box (Larynx)

ENT Patient information

Your doctor has recommended a laser treatment for your voice box (larynx). This guide will explain what will happen and how to prepare. Please read it before your procedure.

What is laser treatment for the larynx?

Laser treatment helps remove or treat problem areas (lesions) in your voice box without needing a full anaesthetic. The laser sends quick flashes of light to the problem area.

What will happen during the procedure?

A thin tube (scope) will be gently put into your nose to look at your nose, throat, and voice box. Local anaesthetic (numbing spray) will be used to make this more comfortable. The doctor will check your airway.

- You will wear special safety goggles during the procedure.
- A laser fibre will go through the scope to your voice box. The laser will flash on the area to be treated.
- You might feel warmth or smell burning. This is normal.
- The procedure takes about 30-45 minutes/

Note: No one can stay in the room with you during the laser treatment, but they can be with you before and after.

How to prepare

- Take your usual medicines with water.
- If you take blood thinners (e.g., Warfarin, Aspirin), call **0300 019 2145** to check if you need to stop them before your appointment.
- Bring a list of your medicines with you.

Risks of laser treatment

- You might have a small risk of infection or bleeding.
- You could cough up small amounts of blood.
- Rarely, your voice box might swell, making it harder to breathe.

After the procedure

- Don't eat or drink for one hour while the numbing wears off.
- You can drive yourself home.
- You don't need someone to stay with you unless you feel unwell.
- Take your usual pain relief if needed.
- You might need to rest your voice for a while - your doctor will tell you.

Questions?

If you have any questions, please call Ear, Nose and Throat Admissions on **0300 019 8434**

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