

Patient Information

Injection Laryngoplasty under General Anaesthetic (GA)

What is Injection Laryngoplasty?

Injection laryngoplasty is a procedure where a special material is injected into one of your vocal cords (voice box) to improve your voice or help with swallowing. This is typically done when **one of the vocal cords is weak or not moving properly**, a condition called **vocal cord palsy or paralysis**.

The procedure is done under **general anaesthetic**, meaning you'll be asleep and won't feel anything during it.

Why do I need this procedure?

You may benefit from this procedure if you have:

- A **breathy, weak, or hoarse voice**
- **Swallowing difficulties** or coughing when eating or drinking
- **Shortness of breath** when talking
- **Vocal cord paralysis** or weakness after surgery, injury, or nerve problems

The injection helps **push the weak vocal cord towards the middle**, allowing the other one to meet it properly when you speak or swallow.

What does the procedure involve?

- You will be given a **general anaesthetic**, so you will be fully asleep.
- A rigid tube (laryngoscope) is passed through your mouth to access the vocal cords.
- A small amount of injectable material (e.g., hyaluronic acid, collagen, or another filler) is carefully injected into the weak vocal cord.
- The material adds bulk and helps the cords come together more effectively during speech or swallowing.
- The procedure typically lasts **30–45 minutes**.

What materials are used for the injection?

Different types of safe, body-compatible materials may be used. These can be:

- **Temporary (e.g., hyaluronic acid)** – often used for short-term or early treatment

- **Longer-lasting (e.g., calcium hydroxylapatite)** – for more sustained improvement
Your doctor will choose the most appropriate type for your condition and discuss it with you beforehand.

What are the benefits?

- Improved **voice strength and quality**
- Easier **swallowing** with less risk of food or drink going the wrong way
- Less **breathlessness** while speaking
- Often **avoids the need for more invasive surgery**

What are the risks?

All procedures carry some risk, but serious complications are uncommon. Risks include:

- Temporary sore throat or hoarseness
- Swelling or bruising
- Over- or under-correction (may need repeat injection)
- Rarely, breathing difficulties or allergic reaction to the injection material
- Temporary worsening of voice as swelling settles

Your surgeon will explain these risks and answer any questions before you sign a consent form.

How do I prepare for the procedure?

- **No food or drink** for 6 hours before surgery (unless told otherwise)
- Inform us of **any medications**, especially blood thinners
- Arrange for someone to **drive you home** or escort you after the procedure
- Let us know if you have **any allergies**, particularly to anaesthetics or fillers

After the procedure

- You will be monitored as you wake up from anaesthetic
- Most patients go home the **same day**
- Mild sore throat or voice change is normal for a few days
- **Voice rest** is usually recommended for 24–48 hours
- Avoid heavy lifting, shouting, or throat clearing
- You will have a **follow-up appointment** to check progress

When to seek medical help

Contact your doctor or go to A&E if you experience:

- Difficulty breathing
- Increasing pain or swelling in the throat
- Fever or signs of infection

- Bleeding from the mouth or throat
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Further Information

If you have any concerns or need further advice, please contact your healthcare provider.