

## Patient Information

# Injection Laryngoplasty under Local Anaesthetic (LA)

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## What is Injection Laryngoplasty?

Injection laryngoplasty is a procedure used to improve the voice or help with swallowing by injecting a substance into one or both vocal cords (also called vocal folds). This helps them move closer together and improves their function.

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## Why Might I Need This Procedure?

You may be offered injection laryngoplasty if:

- Your voice is weak, breathy, or hoarse
  - You have difficulty swallowing due to one vocal cord not closing properly
  - You have a vocal cord that is not moving (vocal cord palsy or paralysis)
  - You've had recent throat surgery, and your vocal cord position needs adjusting
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## What Does It Involve?

This procedure is done while you are **awake**, using **local anaesthetic** (numbing medicine).

Here's what you can expect:

1. **Numbing your throat:**  
A local anaesthetic will be sprayed into your nose and throat to make the procedure more comfortable.
2. **Accessing the vocal cords:**  
A thin camera (flexible endoscope) will be passed through your nose to view the vocal cords.
3. **Injection:**  
A small needle will be inserted either through the neck or mouth to inject a substance (like hyaluronic acid, collagen, or another filler) into the vocal cord. This pushes the cord into a better position to help it close properly.
4. **Voice checks during the procedure:**  
You may be asked to speak so the doctor can check your voice and make sure the injection is helping.

The entire procedure usually takes about **20–40 minutes**, and you can typically go home the same day.

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## Is it Painful?

Most patients report only mild discomfort. The anaesthetic numbs the area well, but you might feel:

- A slight pinch or pressure during the injection
  - Mild soreness or irritation in the throat for a few hours after
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## After the Procedure

- You can usually **eat and drink** after 1–2 hours once the numbness wears off.
  - **Voice rest** may be advised for a short time (your doctor will tell you).
  - Avoid strenuous activity for 24 hours.
  - Your voice might sound strange or rough at first but should improve over a few days.
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## Are There Any Risks or Side Effects?

Like all medical procedures, injection laryngoplasty carries some risks, but serious complications are rare. Possible side effects include:

- Temporary discomfort or bruising at the injection site
- Coughing or mild throat irritation
- Temporary change in voice quality (which usually improves)
- Swelling or infection (rare)
- Allergic reaction to the injected material (very rare)

Your doctor will discuss any specific risks based on your medical history.

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## How Long Does It Last?

The effect of the injection can vary depending on the material used:

- Temporary fillers may last **3 to 6 months**
  - Longer-lasting materials may last **12 months or more**
  - In some cases, repeated injections or surgery may be recommended
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## Frequently Asked Questions

**Q: How long will the effects last?**

A: Depending on the material used, results may last from **three to eighteen months**. Some patients may require repeat injections.

**Q: When can I return to work?**

A: Most patients can return to work **within a day or two**, depending on the nature of their job and voice usage.

**Q: Can I eat and drink normally after the procedure?**

A: Yes, but start with soft foods if your throat feels sore. Avoid very hot or spicy foods for the first 24 hours.

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## Further Information

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