

## Patient Information

# Microlaryngoscopy and Debridement of Laryngeal Papilloma

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## Introduction

This leaflet provides information about **microlaryngoscopy and debridement of laryngeal papilloma**, a procedure used to treat **Recurrent Respiratory Papillomatosis (RRP)**. If you have any further questions after reading this, please speak to your doctor or specialist nurse.

## What is Recurrent Respiratory Papillomatosis (RRP)?

Recurrent Respiratory Papillomatosis is a condition caused by the human papillomavirus (HPV), leading to wart-like growths (papillomas) in the larynx (voice box). These growths can affect the voice and, in severe cases, cause breathing difficulties.

## What is Microlaryngoscopy and Debridement?

Microlaryngoscopy is a procedure where a **thin tube with a camera (laryngoscope)** is inserted through the mouth to examine the vocal cords under a microscope. **Debridement** involves removing the papillomas using precise surgical techniques, such as:

- Microdebrider (a special instrument that carefully removes tissue)
- Laser surgery (often used to target the affected areas)
- Cold instrumentation (using small surgical tools to excise the growths)

The procedure helps **improve voice quality, reduce airway obstruction, and slow the regrowth of papillomas**.

## Why Do I Need This Procedure?

Your doctor may recommend this procedure if you have:

- Hoarseness or voice changes due to papillomas
- Difficulty breathing or stridor (noisy breathing)
- Recurrent growths affecting your airway function
- Reduced quality of life due to voice problems

## What Happens During the Procedure?

- The procedure is performed under **general anaesthetic**, meaning you will be asleep and feel no pain.

- A laryngoscope is inserted into your throat to allow the surgeon to view your vocal cords.
- The papillomas are carefully removed using the chosen technique.
- The procedure usually takes **30 to 60 minutes**.
- You will be monitored in a recovery area before going home, usually on the same day.

## What Are the Benefits?

- Improved voice quality
- Relief from breathing difficulties
- Slower regrowth of papillomas
- Prevention of airway obstruction

## What Are the Risks?

As with any procedure, there are some risks involved, including:

- Temporary or permanent hoarseness
- Mild sore throat or discomfort after the procedure
- Temporary breathing difficulties due to swelling
- Rare risk of infection or bleeding
- Potential scarring of the vocal cords, which may affect voice quality
- Recurrence of papillomas, requiring further treatment

## After the Procedure

- **Voice rest** may be recommended for a few days to allow healing.
- Avoid whispering, shouting, or excessive throat clearing.
- Drink plenty of fluids and eat soft foods if your throat feels sore.
- Mild discomfort is normal, but severe pain or breathing difficulties should be reported to your doctor immediately.
- A follow-up appointment will be scheduled to monitor your recovery.

## When to Seek Medical Help

Contact your doctor if you experience:

- Difficulty breathing or worsening stridor
- Persistent severe pain or bleeding
- Fever or signs of infection (redness, warmth, or pus at the surgical site)
- Worsening hoarseness or loss of voice

## Frequently Asked Questions

### Q: Will the papillomas come back?

A: Unfortunately, RRP is a recurrent condition, and papillomas may regrow over time. Regular follow-ups and treatment sessions may be needed.

**Q: When can I return to work or normal activities?**

A: Most patients can resume daily activities within **a few days**, depending on voice usage and recovery. Avoid strenuous activities for at least a week.

**Q: Can this procedure cure RRP?**

A: There is no complete cure for RRP, but this procedure helps **manage symptoms** and maintain better vocal function.

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**Further Information**

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