

Patient Information

Exploratory Microlaryngoscopy

What is an Exploratory Microlaryngoscopy?

An **exploratory microlaryngoscopy** is a procedure that allows your doctor to look closely at your voice box (larynx) and vocal cords using a special microscope. It is done under general anaesthetic (while you are asleep) and helps diagnose and sometimes treat problems like:

- Hoarseness or voice changes
- Growths, nodules, or polyps on the vocal cords
- Difficulty breathing or swallowing
- Persistent cough or throat discomfort

In some cases, the doctor may also take a small sample (biopsy) for further testing.

Why do I need this procedure?

You may have been experiencing symptoms like:

- A hoarse or weak voice
- Ongoing sore throat
- Feeling of something stuck in the throat
- A lump in the neck or throat
- Problems speaking or swallowing

This procedure helps us see what's going on and decide the best treatment.

What does the procedure involve?

- You will be given a **general anaesthetic**, so you'll be asleep and won't feel anything.
- A rigid tube (called a laryngoscope) is gently passed through your mouth to reach the voice box.
- A microscope and sometimes a camera are used to examine the area in detail.
- If needed, small tools can be used to take biopsies or remove small growths.
- The whole procedure usually takes **30–40 minutes**.

What are the risks?

Like all medical procedures, microlaryngoscopy has some risks, but serious complications are rare. Risks include:

- Sore throat or hoarseness for a few days
- Minor bleeding
- Damage to teeth or lips (very rare, but more likely if your teeth are loose or capped)
- Changes to your voice (usually temporary)
- Breathing difficulties (very rare)
- Infection (rare)

Your doctor will discuss the risks with you before the procedure.

How do I prepare for the procedure?

- **Do not eat or drink** anything for 6 hours before your surgery (unless told otherwise).
- Let your doctor know if you take medications, especially blood thinners.
- Arrange for someone to take you home afterward—you **won't be able to drive**.
- Remove any jewellery, dentures, or contact lenses before the procedure.

What happens after the procedure?

- You'll wake up in the recovery area and be monitored for a short time.
- Most patients go home the **same day**.
- You may have a sore throat or hoarse voice for a few days.
- Avoid shouting or whispering—**rest your voice** as much as possible.
- Your doctor will arrange a follow-up to discuss any findings or biopsy results.

When to seek medical help

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

- Difficulty breathing or swallowing
- Bleeding from the mouth or throat
- High fever or signs of infection
- Severe or worsening pain

Further Information

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