

## Patient Information Leaflet

# Post-operative Care and Recovery Following Injection Laryngoplasty

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## What is Injection Laryngoplasty?

**Injection laryngoplasty** is a procedure where a substance (such as hyaluronic acid, calcium hydroxyapatite, or another filler) is injected into one or both vocal folds. It is most often done to improve voice quality and vocal fold closure, especially in conditions like:

- **Unilateral vocal fold paralysis or weakness**
- **Age-related vocal fold thinning (presbyphonia)**
- **Scarring or vocal fold asymmetry**

The aim is to improve voice strength, reduce breathiness, and improve vocal efficiency by allowing the vocal folds to come together more effectively during speech.

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## What to Expect After the Procedure

Injection laryngoplasty can be done under local anaesthetic (awake) or general anaesthetic (asleep), depending on the approach and your specific needs.

After the procedure:

- Your voice may sound **hoarse, breathy, or weak** at first—this is normal.
  - You might feel **mild discomfort or fullness** in the throat for a few days.
  - Improvement in voice quality often begins within a few days, though in some cases it may take longer.
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## Immediate Aftercare (First 24–48 Hours)

### 1. Voice Rest

- You may be advised to follow **relative voice rest** for 1–2 days:
  - Speak only when necessary
  - Avoid shouting, whispering, throat clearing, or prolonged talking
- If advised, rest your voice completely for the first day (especially if general anaesthetic was used).

## 2. Pain and Discomfort

- Mild throat soreness, neck tenderness, or a “lump in the throat” feeling is common and usually temporary.
- Over-the-counter pain relief such as **paracetamol** may help. Avoid anti-inflammatory medications (e.g. ibuprofen) unless your doctor advises otherwise.

## 3. Diet

- Stick to **soft, cool foods and fluids** for the first day if your throat is sore.
- Avoid hot drinks, alcohol, spicy foods, and acidic beverages until your throat feels comfortable.

## 4. Hydration

- Drink **plenty of water** to keep your throat and vocal folds well-hydrated.

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## General Recovery Advice (First 1–2 Weeks)

- **Avoid heavy voice use** during the first week, especially if your job involves speaking or singing.
- **Do not smoke**, and avoid smoky or dusty environments—these can irritate healing tissues.
- Avoid throat clearing—sip water or swallow instead.
- Use a **humidifier** or inhale steam to keep your airway moist if the environment is dry.

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## When to Expect Improvement

- Many patients notice a **clearer, stronger voice** within a few days.
- Full benefit may take **1–2 weeks**, depending on the material used and the underlying condition.
- The injected material may slowly absorb over time—some are temporary (lasting 3–12 months), while others are longer-lasting.

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## When to Seek Medical Advice

Contact your ENT clinic if you experience:

- Severe or increasing throat pain
- Difficulty breathing or swallowing
- Fever or signs of infection

- Bleeding or swelling in the neck
  - Persistent hoarseness beyond 2–3 weeks
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## Follow-Up and Further Treatment

- You will usually have a **follow-up appointment** within a few weeks to assess your voice and the effectiveness of the injection.
  - **Speech and language therapy** may be recommended to support healthy voice use, especially if the injection is part of treatment for vocal fold paralysis or misuse.
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## Summary of Do's and Don'ts

Do:	Don't:
Stay well hydrated	Smoke or drink alcohol soon after the procedure
Follow voice rest instructions	Shout, whisper, or sing in the first few days
Use steam inhalation if advised	Clear your throat unnecessarily
Attend follow-up appointments	Delay reporting new or concerning symptoms

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## Questions or Concerns?

If you have any questions about your recovery, voice care, or upcoming follow-up, please contact your ENT clinic or speech and language therapist.

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**Your voice is important—looking after it now supports better, longer-lasting results.**

Let your vocal folds heal gently and fully for the best outcome.