

## Patient Information

# Type 1 Medialisation Thyroplasty

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## Introduction

This leaflet provides information about **Type 1 Medialisation Thyroplasty**, a surgical procedure used to improve voice function in patients with **vocal cord paralysis or weakness**. If you have any further questions after reading this, please speak to your doctor or specialist nurse.

## What is Type 1 Medialisation Thyroplasty?

Type 1 thyroplasty is a **surgical procedure performed to reposition a weak or paralysed vocal cord** to improve voice quality and strength. It is used to treat conditions such as:

- **Unilateral vocal cord paralysis** (one vocal cord not moving properly)
- **Vocal cord atrophy** (age-related voice weakness)
- **Certain neurological conditions affecting the voice**

The goal of the procedure is to **enhance voice strength, reduce breathiness, and improve swallowing function**.

## Why Do I Need This Procedure?

Your doctor may recommend this surgery if you experience:

- A weak, breathy, or hoarse voice
- Difficulty being heard in conversations
- Frequent coughing or choking while eating or drinking
- Poor voice projection that affects communication

## What Happens During the Procedure?

- The operation is usually performed under **local anaesthesia with sedation**, allowing the surgeon to adjust the vocal cord position while monitoring your voice.
- Occasionally, this operation may also be performed under general anaesthetic at the patient's request.
- A **small incision is made in the neck** over the voice box (larynx).
- A small implant (such as silicone, Gore-Tex, or other materials) is inserted into the larynx to **push the weak vocal cord towards the middle**, improving voice function.
- The position of the implant is adjusted based on real-time voice testing.

- The procedure usually takes **90 to 120 minutes**, and most patients go home the same day.

## What Are the Benefits?

- Stronger, clearer voice with better projection
- Reduced vocal fatigue
- Less breathiness when speaking
- Improved swallowing function

## What Are the Risks?

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

- Swelling and bruising around the incision site
- Temporary hoarseness or discomfort
- Infection (rare)
- Over- or under-correction, which may require revision surgery
- In rare cases, difficulty breathing due to swelling

## After the Procedure

- You may have mild throat discomfort or swelling for a few days.
- Avoid heavy lifting or strenuous activity for at least **one week**.
- **Voice rest** is not required, but avoid excessive shouting or straining your voice.
- Most patients notice voice improvement immediately, with further enhancements over the following weeks.
- A follow-up appointment will be scheduled to assess healing and voice outcomes.

## When to Seek Medical Help

Contact your doctor if you experience:

- Difficulty breathing or severe swelling
- Persistent pain or signs of infection (fever, redness, pus)
- Worsening hoarseness or loss of voice

## Frequently Asked Questions

### **Q: Will my voice be completely normal after surgery?**

A: While the procedure significantly improves voice quality, it may not restore it to a completely normal level. Voice therapy may further enhance results.

### **Q: How long does the implant last?**

A: The implant is designed to be permanent, but adjustments or revisions may be needed in some cases.

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

A: Most patients can return to **light work within a few days** and normal activities in **one to two weeks**, depending on their job and voice demands.

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**Further Information**

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