

## Patient Information

# Vocal Process Granuloma

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## What is Vocal Process Granuloma?

A vocal process granuloma is a benign growth that forms on the vocal process of the arytenoid cartilage, which is located at the back of the vocal folds. These granulomas develop due to irritation or trauma and can cause voice changes and discomfort.

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## Symptoms of Vocal Process Granuloma

- Hoarseness or rough voice quality
  - Throat pain or discomfort, especially while speaking or swallowing
  - Sensation of something stuck in the throat
  - Frequent throat clearing
  - Chronic cough
  - Vocal fatigue or reduced voice endurance
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## Causes of Vocal Process Granuloma

Vocal process granulomas often develop due to:

- **Laryngopharyngeal reflux (LPR)** – Stomach acid irritating the larynx
  - **Vocal trauma or misuse** – Excessive throat clearing, loud talking, or prolonged voice use
  - **Intubation injury** – Trauma from a breathing tube during surgery
  - **Chronic coughing or throat clearing** – Leading to irritation of the vocal folds
  - **Postnasal drip and allergies** – Causing throat irritation
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## Diagnosis

An ear, nose, and throat (ENT) specialist will diagnose a vocal process granuloma through:

- **Laryngoscopy or videostroboscopy** – Using a camera to examine the larynx
- **Voice assessment** – Evaluating symptoms and vocal function
- **Acid reflux evaluation** – If LPR is suspected as a contributing factor

## Treatment Options

Treatment aims to reduce irritation and promote healing.

### 1. Voice Therapy and Behavioural Changes

- **Reducing throat clearing and coughing** – Using alternative strategies to prevent irritation
- **Proper voice techniques** – Learning how to use the voice efficiently with minimal strain
- **Avoiding vocal abuse** – Minimizing excessive speaking, shouting, or straining the voice

### 2. Medical Management

- **Acid reflux treatment** – Proton pump inhibitors (PPIs) or dietary changes to reduce LPR-related irritation
- **Anti-inflammatory medications** – To reduce swelling and irritation
- **Pain management** – If discomfort is significant

### 3. Botulinum Toxin (Botox) Injection

- In some cases, **Botox injections** into the laryngeal muscles may be used to reduce excessive vocal fold movement and tension, helping the granuloma heal by minimising further irritation.

### 4. Surgical Removal (If Necessary)

- If the granuloma persists despite conservative treatments, a surgical procedure may be performed to remove it. However, addressing underlying causes is essential to prevent recurrence.

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## Prognosis

With appropriate treatment, most granulomas heal without surgery. However, if the underlying cause is not managed, recurrence is possible. Proper voice care, medical management, and behavioural changes are key to long-term recovery.

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## When to Seek Medical Help

Consult a doctor if you experience:

- Persistent hoarseness or voice changes

- Throat discomfort that does not improve
- Difficulty swallowing or breathing
- Recurring granulomas despite treatment

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## Summary

Vocal process granuloma is a treatable condition, often resolving with voice therapy, medical management, and lifestyle changes. Early intervention and proper care can help prevent recurrence and maintain vocal health.

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