

Patient information

Injection medialisation

You have been recommended an injection medialisation procedure. This is where a vocal fold filler is injected into your vocal fold(s) to augment the size of a displaced or deformed vocal fold. This assists in bringing the vocal folds closer together, aiding in the restoration of your voice and/or swallow.

This procedure is indicated for patients experiencing symptoms such as:

- A weak or airy quality to your voice
- Difficulty or inability to increase your voice volume
- Difficulties in breathing and/or swallowing
- Difficulties in swallowing resulting in choking.

Diagnoses that benefit from this procedure are presbyphonia (thinner, bowed vocal folds) and vocal fold palsy/ paresis (one or more vocal folds not moving/with reduced movement).

Usually, your first injection will use a short-term filler called Restylane which can last for around three months. Results vary from patient to patient. Some patients do not require any further treatment, some require another injection. A long-term filler called Renu-Voice can also be injected which can last for around 9-12 months. Again, results vary from patient to patient and some patients do not require any further treatment, whereas others may subsequently require a further surgical intervention.

Procedure

You may eat and drink normally before the procedure.

You will be made comfortable with the use of a topical or local anaesthetic for your treatment. This process takes about 20 minutes. The anaesthetic is applied to your nose and throat via a gel, spray, and injection. We then allow time for the anaesthetic to work before beginning the procedure. You will be lying down on a couch, and we place the camera in your nose so that we can view the inside of your throat. We then inject the filler through the neck. This can take as little as two minutes, depending on your ability to lie

still, but may take longer depending on your ability to tolerate the procedure. It is helpful if you focus on deep breathing and do not cough or swallow whilst the needle is in place.

Recovery period

You will be encouraged to talk a lot after the procedure to move the filler around in the vocal fold(s) and you can begin to eat and drink from one hour post procedure (once the anaesthetic has worn off). It can take up to two weeks to experience noticeable effects of the filler.

Side effects

Side effects can include tenderness and mild swelling at the injection site which is likely to self-resolve quickly, discomfort on swallowing which usually resolves fairly quickly, risk of bleeding during the procedure, which is usually minimal and is self-controlled, a small bruise might form in the neck at the site of the injection but again this is usually minimal and self-limiting and resolves over a few days, a temporary breathy and weak voice, and the risk of infection.

If you experience swallowing difficulties, take extra care when drinking liquids, by taking smaller sips than usual, to stop the liquids from going down the wrong way. Choosing softer foods might be beneficial temporarily if solids are an issue. There is a very small risk of bleeding into the airway following the procedure which might present itself by coughing some blood. If this happens you need to attend A&E immediately. If you are concerned you may have an infection, please contact your GP/the Ear Nose Throat (ENT) department.

Follow-up

We will contact you some time after the procedure to check your progress and determine whether any further treatment is indicated.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

