



## **In-Office Vocal Fold Injection**

### **(a) Purpose, Indications, Contraindications**

An in-office vocal fold injection is performed to deliver a filler material into one or both vocal folds to improve the voice and/or swallowing functions. This procedure is performed when the vocal folds do not close completely. This occurs when the vocal folds lack bulk (e.g. vocal fold bowing) or when the vocal folds do not move properly (e.g. vocal fold paralysis). Many ENT physicians perform this procedure in the office with the patient awake so that the patient's voice can be assessed in real time. If the patient's voice is still hoarse after the first injection, more filler can be injected immediately. There are less risks to the patient as an operation is avoided and costs are lower.

This procedure is not suitable for patients with severe heart or lung problems, allergy to filler material or anesthetic medication, and difficult mouth or neck anatomy. Your ENT physician will make the final decision.

### **(b) Pre-procedure Considerations**

A vocal fold injection takes about 10-15 minutes and can be performed in the same visit as the consultation. You do not need to stop your regular medications and you do not need to fast. You can drive yourself home afterwards and you can wear normal street clothes to the doctor's office.

### **(c) Summary of Procedure**

The patient lies down with the neck extended on a shoulder roll. Electromyography (EMG) is used and stickers are placed on the right clavicle. A very small needle is used to deliver the filler material through the skin of the neck to the middle of the vocal fold. Your ENT physician may ask you to talk to hear your voice. If your voice is still hoarse, your doctor may decide to inject more filler into your vocal folds.

### **(d) Post-procedure Guidelines**

Immediately after the procedure, the patient's voice may seem tight or effortful to speak. It may remain tight for a few days to a week, but will improve as the swelling improves. All the filler materials are temporary and will gradually resorb over six months. Discomfort is minimal and acetaminophen may be taken on an as needed basis. Risks of bleeding and infection are low. There are no diet or activity restrictions after the procedure. Please call your doctor if you have any concerns.