

ENT outpatient clinic, Charing Cross Hospital

Blue laser to voice box (larynx)

Information for patients, relatives and carers

Introduction

This leaflet aims to tell you about **blue laser to your voice box** and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team. If you have any questions about this information, please contact us.

Before the procedure

Your consultant has recommended that you have a blue laser treatment to your voice box (larynx). This is a way to treat lesions in your voice box that does not require you to have a general anaesthetic.

You will be told more about the procedure in the clinic. If you and your surgeon both agree, you will be asked to give your consent and given a date to attend clinic.

The procedure

You will need to spend 30 to 60 minutes in our ENT outpatient clinic.

- We put a scope in your nose that will allow the clinician to see your airway.
- A combination of nasal sprays and injections of local anaesthetic will be used to numb the area.
- Once the area is numb, we will pass a laser fibre through the scope to treat the affected area. The laser flashes will feel like warm pulses, and you may smell some smoke. This is entirely normal. Your eyes will be protected by laser goggles during the procedure.

After the procedure

You'll be asked not to eat or drink for 1 hour after the procedure. This is because of the effect of the local anaesthetic on your swallowing. After this time, you can eat normally.

If the treatment is on your vocal cords, you will be asked to have voice rest for 72 hours.

You will be able to return home and continue normal activities. You may experience mild discomfort after the procedure and can take over the counter pain relief if required.

If you have any acute breathing difficulties or are unable to swallow after the procedure, please go to your nearest A&E department.

Follow up

Six weeks after the procedure, a clinical nurse specialist (CNS) will call you for an initial telephone follow up appointment. A face-to-face outpatient appointment with your consultant or a repeat procedure may be arranged.

For any non-urgent queries please contact the laryngology CNS Margaret Ashcroft on mobile: 075 5758 7768 or Matteo De Blasi on mobile: 077 7080 4495 (Monday to Friday, 09.00 to 16.00).

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 020 3313 0088 (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or 020 3312 7777 (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf. Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: 020 3312 1337 / 1349

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk