

ENT outpatient clinic, Charing Cross Hospital

# Botox injection to voice box (larynx)

Information for patients, relatives and carers

## Introduction

This leaflet aims to tell you about **Botox injections**. It is not meant to replace the discussion between you and your medical team. If you have any questions, please contact us.

## Before the procedure

Your consultant has recommended that you have a procedure to improve your voice. Botox injections can reduce spasms in the larynx (voice box), which can damage the quality of speech and make it a strain to talk

The procedure will be discussed with you in clinic. If you and your surgeon both agree to proceed you will be asked to sign the consent form. You will be given a date to attend the outpatient clinic.

## The procedure

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

This procedure can be done in 2 ways:

- **Transcutaneous electromyographic guided (EMG):**

First, we place two adhesive electrodes on your neck and then a small needle and syringe. By using the EMG monitor, we will confirm the position by asking you to speak.

We will then make one or two Botox injections with a small needle. This is not painful. If you experience mild discomfort after the procedure, you can take over-the-counter pain relief if required.

We may apply a simple plaster and you will be able to return home and continue normal activities including work.

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- **Transnasally using a videoscope:**

We use a videoscope (a thin, flexible tube with a camera), inserted through your nose, to look at your voice box. We will then make one or two Botox injections with a small needle, while looking at the area. This is not painful. Your voice box will be numbed sufficiently with nasal spray and local anaesthetic.

## After the procedure

Botox takes 3 days to work and has full effect on day 7 to 10.

You can expect gradual voice loss several days after the procedure, but your voice will return gradually.

We do not expect any side effects of this treatment. However, if you have any acute breathing difficulties or are unable to swallow after the procedure then please call an ambulance or attend 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. They may arrange a face-to-face outpatient appointment with your consultant or a repeat procedure.

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](mailto: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](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: 020 3312 1337 / 1349

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## 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](mailto:imperial.communications@nhs.net)

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ENT Department  
Published: November 2023  
Review date: November 2026  
Reference no: 5225  
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