

ENT outpatient clinic, Charing Cross Hospital

# Superior laryngeal nerve block

## Information for patients, relatives and carers

### Introduction

This leaflet aims to tell you about **superior laryngeal nerve block**. 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 superior laryngeal nerve (SLN) block. This is an injection that can improve refractory coughs and may be used if medical management and cough suppression therapy do not provide enough relief.

Your SLN sits in the area between your hyoid bone (a U-shaped bone in the neck which supports your tongue) and your thyroid cartilage (which supports and protects your vocal cords). The SLN is the nerve that supplies sensation to your voice box and has been found to be involved in persistent symptoms of refractory cough.

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

### About the procedure

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

We will make a small injection into the area of your SLN. The injection is a mixture of steroid (triamcinolone) and local anaesthetic (bupivacaine with adrenaline).

One side of the larynx will be injected on your first clinic visit. You will need to return 2 weeks later, when the other side will be injected.

The short delay allows us to assess the effect and ensure your swallowing is not impaired.

### After the procedure

You can return home and continue normal activities including work. You may experience some 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 attend your nearest A&E department.

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## 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

## 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)

## Wi-fi

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