

After Your Botox Vocal Cord Injection

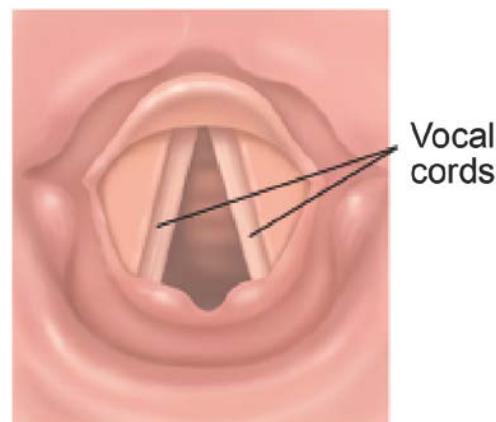
To treat adductor spasmodic dysphonia

This handout explains what to expect after having a Botox injection to treat your adductor spasmodic dysphonia. It includes self-care and swallowing tips.

Why do I need a Botox injection?

Muscle movements you cannot control (*spasms*) cause your vocal cords to come together too tightly. This condition, called *adductor spasmodic dysphonia*, makes it hard to speak normally.

Botox (*botulinum toxin*) injections are one way to treat this condition. The chemical is injected directly into the vocal cords. This relaxes the vocal cord muscle and eases the symptoms for about 4 months.



Botox is injected directly into the vocal cords inside your throat to help relax the muscle spasms that make it hard for you to speak normally.

What to Expect

- For 1 hour after your injection, do **not** eat or drink anything. The anesthetic (numbing) medicine you received before the injection decreases feeling in your throat. This makes it hard for you to swallow and can increase your risk of choking.
- You may have some soreness in your throat where the Botox was injected.
- It may take 48 to 72 hours for the Botox to start to work. For some people, it may take 2 weeks before they see the greatest effect from the injection.
- If you have a fever, pain, sore throat, or muscle aches, they are probably not related to your Botox injection. See your primary care provider if you have these symptoms, as they may be signs of illness.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Otolaryngology/Head and Neck Surgery Center

3rd floor, UWMC
Box 356161
1959 N.E. Pacific St.
Seattle, WA 98195

Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Nurse at 206.598.4437.

After hours, on weekends, and on holidays, call 206.598.4022. You will be directed to the Community Care Line Nurse.

HMC Otolaryngology Specialty Clinics at Ninth and Jefferson

Box 359803
908 Jefferson St.
Seattle, WA 98104

Weekdays from 8 a.m. to 4:30 p.m., call 206.744.3770.

After hours, on weekends, and on holidays, call 206.744.3000 and ask for the Otolaryngology resident on call to be paged.

Swallowing Tips

If you are having a hard time swallowing liquids, try these tips:

- Drink thicker liquids. Thick liquids, such as milkshakes, are often easier to swallow than thin liquids such as fruit juices.
- Drink hot or cold beverages, not lukewarm ones.
- Take small sips.
- Hold the liquid in your mouth and focus on swallowing. Tilt your head down, with your chin toward your chest, and then swallow.
- Try using a straw.

When to Call

Call your Otolaryngology clinic if you have either of these side effects after your Botox injection:

- A very breathy voice
- A lot of difficulty swallowing liquids

Who to Call

University of Washington Medical Center (UWMC) Patients

- Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Nurse at 206.598.4437.
- After hours and on weekends and holidays, call 206.598. 4022. You will be directed to the Community Care Line Nurse.

Harborview Medical Center (HMC) Patients

- Weekdays from 8 a.m. to 4:30 p.m., call 206.744.3770.
- After hours and on weekends and holidays, call 206.744.3000 and ask for the Otolaryngology resident on call to be paged.