After Your Botox Vocal Cord Injection
For adductor spasmodic dysphonia

What to Expect

- Do not eat or drink for 1 hour after your injection. The anesthetic medicine you received decreases feeling in your throat. This will make 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.
- Other symptoms such as fever, pain, sore throat, or muscle aches, are probably not related to your Botox injection. See your regular doctor if you have any of these symptoms. They may be signs of illness.
- It may take 48 to 72 hours to see any effects of the injection, and up to 2 weeks for the maximum effect to occur.

Swallowing Tips

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

- Drink thicker liquids, since they are often easier to swallow than thin liquids. For instance, milkshakes are easier to swallow than fruit juices.
- Drink hot or cold beverages, not lukewarm ones.
- Take small sips.
- Hold the liquid in your mouth and concentrate on swallowing. Tilt your head down, with your chin toward your chest, and then swallow.
- Try using a straw.
When to Call the Clinic

Possible complications from Botox injections for *adductor spasmodic dysphonia* include:

- A very breathy voice
- Extreme difficulty swallowing liquids

If you have either of these complications, call your Otolaryngology clinic. See the contact information for your clinic below.

Contact Information

**University of Washington Medical Center (UWMC) Patients**

- Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Nurse at 206-598-0431.
- After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology resident on call to be paged.

**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.