

## **DISSERTATION ABSTRACT**

**Title:** Is early initiation of voice therapy after micro laryngeal surgery beneficial? A randomized control trial.

**Department:** Department of ENT

**Name of the candidate:** Dr. Titus Raju

**Degree and subject:** MS ENT

**Name of the guide:** Dr. Suma Susan Mathews, Professor, Department of ENT

### **Background**

Patients undergoing phonosurgery are advised voice rest followed by voice therapy after undergoing surgery for good healing of the vocal cord. The optimum duration of voice rest after micro laryngeal surgery varies from institution to institution.

**Aim:** To study if early initiation of voice therapy after micro laryngeal surgery produces a better voice outcome in patients with benign vocal cord lesions

**Design:** Prospective single blinded randomized control trial

### **Methods:**

51 patients undergoing micro laryngeal surgery for benign laryngeal lesions were recruited for the study and were subjected to voice evaluation and laryngeal videostroboscopy preoperatively.

**Intervention:** 2 day voice rest followed by voice therapy (tube phonation)

**Comparator:** 5 day voice rest followed by voice therapy.

Postoperative evaluation was done at 6 wks over phone and 3 months during follow up visit.

Outcome measures:

GRBAS score

VHI-10

Acoustic analysis- Jitter, Shimmer, s/z ratio, Harmonics to noise ratio

Laryngeal stroboscopy- presence/absence of mucosal wave, adynamic segments and glottic closure

### **Results:**

35 patients out of 51 recruited, completed follow up. The overall compliance to absolute voice rest was 43%. Among the various parameters used for voice evaluation, there was no statistically significant difference between the two groups except in one parameter – jitter where the improvement in 5 day voice rest group was statistically significant than the improvement in 2 day voice rest group.

### **Conclusion:**

Prolonged voice rest after micro laryngeal surgery is difficult to be complied upon. As there was no significant difference between the two groups studied, clinicians might as well prescribe a shorter duration of voice rest and facilitate an earlier initiation of voice therapy after micro laryngeal surgery.

**Keywords:** Voice rest, voice therapy, tube phonation, micro laryngeal surgery.