KTP Laser Treatment for Voice and Swallow Disorders

What is KTP Laser Treatment?

A KTP (potassium-titanyl-phosphate) laser is used to treat a number of voice and swallowing disorders. This laser procedure can be done in the doctor's office while you are awake. The treatment is done without general anesthesia and has little to no recovery time. You will be given a medicine to numb your nose and throat before the scope used for the procedure is put into your nose.

What do I need to know before the treatment?

- If your doctor orders a medicine for you to take before the procedure to help you relax, such as Valium, you need to have someone drive you to and from your appointment.
- Do not eat a large meal 3 hours before your appointment.

How is the KTP treatment done?

- Two medicines, Afrin and Lidocaine, will be sprayed into your nostrils to numb the area before the scope is put into your nose.
- When your nostrils are numb, the scope will be put into your nose and down into your throat. Your larynx (voice box) will then be numbed by dripping Lidocaine onto the vocal cords. This can cause some coughing and sputtering. It will take about 3 minutes to numb this area.
- After the larynx area is numb, the KTP laser procedure will be done through the scope in your nose.
- Most patients do not complain of pain, but you may have some mild discomfort.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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What will I need to know after my treatment?

- Do not eat or drink anything for 1 hour after this treatment. This gives the numbing medicine time to wear off, so you can swallow safely.
- Due to swelling, your voice may come and go and not be as clear for a couple of weeks after the procedure.
- Avoid whispering, it is harder on your vocal cords than speaking.
- Try not to clear your throat or cough unless needed.
- You may have a mild sore throat after the procedure. Take acetaminophen (Tylenol) as directed on the bottle. If this does not help the pain, try ibuprofen (Advil) as directed on the bottle.
- Follow your doctor’s orders on limiting the use of your voice.

When should I call the doctor?

Call your doctor right away if you have any of the following:

- Coughing up blood
- Breathing problems
- Trouble with swallowing