

Pulsed Dye Laser Treatment

Pulse dye laser is a new type of laser that can be used safely in a clinic setting to treat and manage laryngeal diseases such as papilloma, laryngeal granuloma, ectasias, as well as leukoplakia. Leukoplakia may represent a pre-cancerous or early cancerous condition of the larynx. Pulsed dye laser works through a process called “Photothermyolysis”. This means that the laser selectively finds and destroys the vasculature of the target lesion without any harm to the surrounding tissues.

Treatment is performed by first decongesting and numbing the nasal passage with a spray of local anesthetic and a decongestant. You will also be using a nebulizer to inhale a local anesthetic into your throat that will numb the inside of your throat and suppress the cough reflex allowing the doctor to perform the procedure effectively.

As with a routine flexible scope evaluation of the larynx in clinic, a flexible scope will be introduced into your nasal passage and advanced into the throat until we get a clear view of the inside of the throat and know exactly where to direct the laser. You will be asked to wear special laser protective glasses during the procedure. A thin laser fiber will be inserted into a small channel in the scope. During the laser treatments, you will feel a small dull “thump” during the laser firing in your throat. This should not be painful.

The effects of this local anesthetic will last approximately an hour and will affect your swallowing. You will be asked to not eat or drink anything for at least an hour after the procedure. When you resume eating, we ask that you begin with small sips of water until you feel that your swallowing has returned and then increase your diet as tolerated.

If you have been scheduled for Pulsed Dye Laser treatment in our clinic we will you to:

- 1. Eat or drink nothing for at least 4 hours prior to the procedure to decrease the risk of gagging, vomiting and possible aspiration.**
- 2. Bring an adult companion to this procedure to help escort you home.**
- 3. Sign the consent form for the procedure.**

Post Procedure Instructions

- 1. No eating or drinking for one hour following procedure. Once the hour is up, start with sips of water and increase your diet as tolerated.**
- 2. You may return to work if desired.**
- 3. You may use your voice as you wish**
- 4. Please make an appointment for a follow-up visit in _____ weeks.**
- 5. Please notify the office at (202) 741-3260 if you have any questions or concerns following the procedure. If you get the answering service, please ask them to page the ENT resident on call.**