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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Chronic Laryngitis

Therapies Speciality

What Is Chronic Laryngitis?

- On-going swelling and irritation of the vocal cords (also called vocal folds).
- Swelling and irritation can result in muscle tension in the larynx (voice box).
- This can affect the way the vocal folds move and consequently, how the voice is produced.
- This changes how the voice sounds.

What Are The Symptoms Of Chronic Laryngitis?

- Change in voice quality (e.g. hoarse, strained voice).
- Low pitch.
- Voice production can feel effortful or difficult.
- Voice quality that deteriorates with use.
- Voice sounds deeper than usual.
- Increased mucous and throat clearing.
- Occasionally the throat can be sore.

How Will Diagnosis Of Chronic Laryngitis Be Confirmed?

- A member of the Ear, Nose and Throat (ENT) team will assess you and decide what is causing your voice problem.
- A Speech and Language Therapist may also assist in the diagnosis and identification of what may have caused chronic laryngitis.

What Causes Chronic Laryngitis?

Several Things May Cause You To Suffer From Chronic Laryngitis:

- Excessive voice use or strain when producing voice.
- Acid reflux - where acid/stomach contents come up from the stomach and into the larynx (voice box). This is called 'laryngopharyngeal reflux' (LPR). LPR can cause severe irritation to the vocal folds and the surrounding area, especially if untreated.
- Smoking and excessive alcohol intake can cause dryness and result in irritation of the vocal folds.
- Dry/dirty/dusty/smoky atmospheres or fumes can irritate the vocal folds, especially if this causes frequent coughing or throat clearing.
- Ultimately, a source /sources of irritation to the vocal folds can result in muscle tension.

What Treatment Is Available for Chronic Laryngitis?

- Your Speech and Language Therapist may give you voice exercises and advice to follow to improve how your voice works.
- You will be advised to make some lifestyle changes to alleviate your symptoms, for example – cutting down or stopping smoking, reducing alcohol intake, avoiding certain foods and drinks that may contribute to your voice problems.
- Your family doctor (GP) or ENT Doctor may advise medication if LPR has contributed to the development of Chronic Laryngitis.

What Can I Do To Help My Symptoms?

- It is very important that you follow the advice and exercises given by the ENT team or your Speech and Language Therapist if you want to help your symptoms improve.

Also Try To:

- Avoid overusing your voice, shouting, whispering, excessive use of the telephone or talking over background noise.
- Drink plenty of water and try to keep your intake of caffeinated drinks to a minimum.
- Cut down or give up smoking.
- Avoid alcohol in excess.
- Be aware that dry, smoky or dusty atmospheres can irritate your voice.
- Rest your voice regularly.
- Don't carry on talking when your voice feels or sounds sore or strained.
- See your GP if you think you may have an infection e.g. coughing up green mucous.

Feedback

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further information

If you have any queries or require any further information please do not hesitate to contact us

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Voice Therapy

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British Voice Association:

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Voice Care Network:

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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