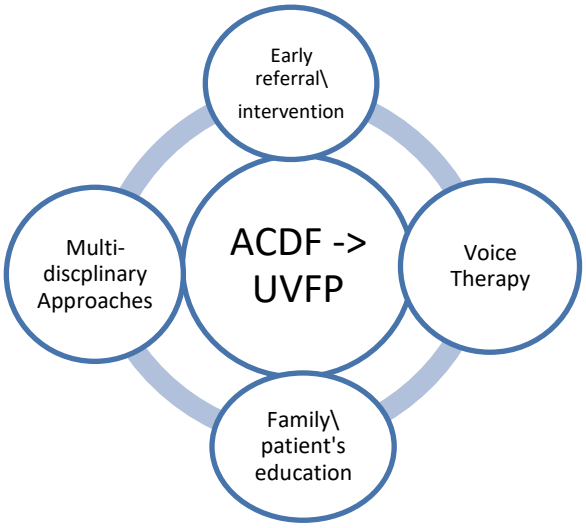
Voice After Cervical Discectomy and Fusion

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Abstract

Cervical discectomy, particularly when involving anterior approaches near the larynx, may cause temporary or permanent voice changes. The presented case studies highlight the importance of multi-disciplinary approach, the role of early Speech Language Pathologist (SLP) referral post-operation, voice therapy and its outcomes to enhance overall vocal quality. Two patients underwent Anterior approach of cervical discectomy and fusion. Both of them reported hoarseness of voice and dysphagia post-operatively. Scope findings in both of the patients revealed absent VF mobility in one side with glottal gap, and according to the VHI, they presented with certainly noticeable suffering affecting their quality of life. It was found in a recent article that voice parameters in patients who underwent Anterior Cervical discectomy and Fusion (ACDF) worsened significantly after the surgery compared with patients who underwent Posterior Cervical discectomy and Fusion (PCDF); however, these changes recovered within three months postoperatively. Both of the patients preferred to wait 3 months after the surgery looking for natural recovery. One of the them reported significant improvements and satisfaction when complied to voice therapy alone. The possible reasons to wait for 3 months is that might be a retraction of the vagus and the RLN during the surgery, postoperative edema of strap muscles, intubation trauma to the vocal folds, and other laryngeal structures. Researchers have reported that the management of Unilateral Vocal Folds Paralysis (UVFP) is a complicated process that demands a multidisciplinary approach. Voice therapy is a key element to better vocal function. Voice therapy following Laryngoplasty (IL) is beneficial to patients with UVFP. Combined treatment can help to maintain improved voice quality more than six months after IL. Conclusion & Significance: Early involvement of an otolaryngologist\ SLP in the care of a patient underwent ACDF in case of UVFP with combined voice therapy and patient's&\family compliance are key factors.

Image



Recent Publications

1. Cengiz AB, Doruk E. Assessment of Acoustic Voice Parameters After Anterior Cervical Discectomy and Fusion. Cureus. 2021 Dec 22;13(12):e20611. doi: 10.7759/cureus.20611. PMID: 35103187; PMCID: PMC8782208.
2. Jeong GE, Lee DH, Lee YS, Ahn DS, Lee DK, Choi SH, Nam SY, Kim SY. Treatment Efficacy of Voice Therapy Following Injection Laryngoplasty for Unilateral Vocal Fold Paralysis. J Voice. 2022 Mar;36(2):242-248. doi: 10.1016/j.jvoice.2020.05.014. Epub 2020 Jun 26. PMID: 32600870.
3. Achbar, I., Li, W.W.L., Timman, S.T. et al. Long-term follow-up of voice changes after cervical mediastinoscopy. J Cardiothorac Surg 17, 161 (2022). https://doi.org/10.1186/s13019-022-01884-w
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5. Chung, Sung Joon MDa; Lee, Jun Ho MD, PhDb; Soh, Yunsoo MD, PhDc,*. Compensatory strategies of dysphagia after anterior cervical spinal surgery: A case report. Medicine 103(29):p e39016, July 19, 2024. | DOI: 10.1097/MD.0000000000039016



Biography

Amal AlHazzani is a Swallowing and Voice Therapist at King Fahad Medical City in Riyadh, Saudi Arabia, where she has been serving since 2022. She graduated in 2018 with a degree in Speech and Hearing from King Saud University in Riyadh.

Amal has over six years of diverse experience spanning speech-language, swallowing, and voice therapy for both pediatric and adult populations. Her clinical expertise includes diagnosing and treating a wide range of communication and swallowing disorders, with a commitment to improving patient quality of life through evidence-based interventions.

In her current role, Amal collaborates closely with multidisciplinary teams to deliver comprehensive care to patients with complex needs. She is passionate about professional growth and actively seeks opportunities to enhance her knowledge in the field of speech and voice therapy.

Amal is dedicated to making a positive impact in the field of rehabilitation and supporting individuals in achieving their communication and swallowing goals.

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