



VOICE CLINIC

HYKSin Voice Clinic experts are specialized in problems with voice production, speech and swallowing. Our patients benefit from the experience and knowledge of the university hospital professionals, the latest evidence based treatment methods as well modern equipment and medical technology.

HYKSin is a subsidiary of Helsinki University Hospital and offers the hospital's services for international private patients. The Voice Clinic operates in two clinics of Helsinki University Hospitals near city center.

DIAGNOSTIC, TREATMENT AND THERAPY SERVICES

ASSESSMENT OF VOICE PROBLEM AND

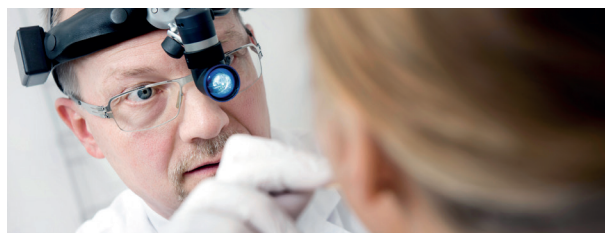
EXAMINATION OF THE LARYNX. The assessment of a voice problem at the Voice Clinic includes a 45-minute consultation during which the problem is evaluated and the vocal folds are endoscopically examined.

If necessary, additional studies at the voice laboratory and assessment by a speech therapist can be arranged.



ADAM'S APPLE REDUCTION. An Adam's apple reduction (tracheal shave) is usually performed on transwomen with conspicuously prominent thyroid cartilage. The procedure is carried out as day surgery and the wound heals in about a week. The wound will leave a small scar that will fade over time and at best disappear entirely.

LARYNGEAL BOTOX INJECTIONS. Botox injections into the vocal folds are used for the treatment of spasmodic dysphonia, a rare condition. Botox can also be used for patients suffering from vocal fold dysfunction if the regimen provided by a speech therapist and doctor does not successfully alleviate the symptoms. Botox injections are administered either through the neck or the nose with a flexible endoscope.



GLOTTOPLASTY. The pitch-raising procedure - the feminization of the voice - is called **glottoplasty**.

Various pitch-raising procedures are available. Some are performed under local anesthesia, and some under general anesthesia. The choice of procedure depends on whether the patient wishes to raise the pitch of the voice slightly (a woman who wishes to get rid of a low bass voice) or to achieve a substantial change in pitch (e.g. when a male larynx is adjusted - "tuned," in a way - to produce a female voice).

SURGICAL REMOVAL OF VOCAL FOLD LESIONS AND TAKING OF BIOPSIES.

A hoarse voice is a typical symptom of vocal fold lesion. Prolonged hoarseness may be a cause for concern, even though the changes are usually benign in nature.

Surgical removal of vocal fold lesions and taking of biopsies (samples) are usually performed under general anesthesia **using microlaryngoscopy** (observation with a microscope), enabling laser surgery. After the procedure, the patient can go home the same day. A pathological examination of the nature of the lesion will be completed in about a week.



VOICE LIFT. As people age, muscles undergo natural shrinkage (atrophic dysphonia), which in some people can also affect the vocal folds. This in turn can worsen the quality of the speaking voice. The vocal fold changes typical of ageing can sometimes even be seen in those aged thirty, even if their other muscles are in perfect shape.

A voice lift refers to procedures that make the voice sound stronger and more sonorous. The most common voice lift procedure is **temporary vocal fold augmentation by injection of a filler**. The procedure can be carried out under both local anesthesia and general anesthesia. The effects of a voice lift on the voice are always individual. The procedure is effective for a year on average, but in some cases the effect lasts only for a few months. At best, the voice quality can be better for up to two years. Vocal fold augmentation is generally performed with a temporary, absorbable filler.



VOICE LABORATORY. Sound samples are taken and analyzed at the Voice Laboratory. The effects of a procedure or voice therapy can be evaluated objectively with pre- and postcare analyses.

TREATMENT OF VOCAL FOLD PARALYSIS.

The effect of vocal fold paralysis on the voice depends on the position in which the vocal fold has been paralyzed and to what extent it has reduced vocal fold stiffness and muscle mass.

There are several treatment methods. The choice of method depends on the patient's voice needs. Some cases of vocal fold paralysis get better over time, but it is just about impossible to predict how well and quickly paralysis will improve.

Paralysis on one side is treated with vocal fold augmentation or by correcting its position. Some of these procedures can be performed under local anesthesia, while others are done under general anesthesia. The experts at the Voice Clinic have long experience of using fascia as vocal fold filler. This is the only permanent filler sourced from patient's own body. When treating recent paralysis, temporary vocal fold augmentation can be performed to improve the voice. The filler will dissolve from the vocal fold if the paralysis improves on its own.



VOICE THERAPY seeks to prevent and treat voice problems and cope with various challenges in vocal function.

Voice therapy can involve instruction and advice for voice use and maintenance. Voice exercises can be used to warm up, maintain and care for the voice, and to achieve an economical means of voice production. The content of the therapy is based on the needs of the patient.

Voice therapy is the primary means of treating functional dysphonia, vocal fold nodules, and small polyps. It is also used alongside pharmaceutical and surgical treatments.

MORE INFORMATION ON VOICE CLINIC TREATMENTS AND PRICES:

hyksin.com/en/services/medical-services/voice-clinic/

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For inquiries and bookings

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