



## 50<sup>th</sup> year anniversary CoMeT

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### **“Office KTP Laser Treatment of Benign Mucosal Masses in Professional Singers and Speakers”**

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#### Abstract:

**Introduction:** The uses of angiolytic lasers have become popular for the office treatment of papilloma, polyps, keratosis, dysplasia and other benign vocal fold mass lesions. Its routine use in professional voice users and singers is not clear. We hypothesize that Photoangiolytic lasers may be applied safely in the office and thus avoid general anesthesia and surgery in singers and actors.

**Material and Method:** A retrospective review of 325 cases done using office KTP lasers between 2016 through 2018 was performed. Fifty six cases were in actors and singer. Outcome parameters were: a) did patient return to full time work with full function and b) did the patient require follow-up surgery or intervention.

**Results:** Fifty six cases were done in 50 actors and singers using the office KTP laser. The lesions were: varix (n= 19), polyp (n= 16), Polyp with varix (n= 10) , scar (n=4) and cancer in situ (n=1). Thirty six were unilateral lesions while 14 were bilateral. All the subjects were able to tolerate the procedure. No procedures were aborted due to anxiety or medical issues. Fluence used for varix were lower (27+/-12J) than for polyps (52+/-28J). Varix were treated by non-touch technique while polyps were use with both touch and non-touch approach. There were three incomplete removal with one each in the varix, polyp and cancer groups. Overall success with one single session is 92 percent.

**Conclusion:** Office based KTP laser applied in combined contact and non-contact mode has a high patient acceptance rate and high success rate in singers and actors.