Outcomes of Antireflux Therapy for the Treatment of Laryngeal Granuloma

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The treatment results of 33 cases with laryngeal granuloma (contact granuloma, 31 cases and intubation granuloma, 2 cases) were evaluated. Five of six operated cases with contact granuloma showed post-operative recurrence. Following acid suppression therapy (proton pump inhibitor, H2-blocker, and Rik-kunshito) at bed time and nocturnal anti-reflux precautions, 25 of 30 cases with contact granuloma, and both 2 cases with intubation granuloma, showed resolution of their granuloma. The resolution occurred within 6 months in 76%, and within 1 year in 92% of cases with contact granuloma (between 2 weeks and 144 weeks, mean, 26.6 weeks).

Keywords : antireflux therapy, laryngeal granuloma, treatment results

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Effects of antireflux therapy on laryngeal granulomas

	size of granuloma	n	medication effect			
			disappeared	decreased	no changes	rate of diappearance
Contact granuloma	large	12	10	0	2	83.30%
	small	18	15	1	2	83.30%
	subtotal	30	25	1	4	83.30%
Intubation granuloma	large	2	2	0	0	100%
Total		32	27	1	4	84.40%

Medication period until disappearance of laryngeal contact granuloma.
S: small, L: large