



ORIGINAL RESEARCH PAPER

ENT

AN UNCOMMON LARYNGEAL CYST: BEYOND THE VOCAL FOLDS

KEY WORDS: vallecular cyst, Transoral marsupialization

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ABSTRACT

We report a case of 45-year-old male presented to our ENT department with hoarseness of voice since 1 month for which 70degree laryngoscopy and CECT neck and face done. It was found to be left vallecular cyst. surgery has been planned and done. Here we discuss the presentation and management of this complication.

INTRODUCTION:

Laryngeal cysts are rare, arises from obstruction of mucous glands or developmental anomalies. While most cysts occur in predictable sites such as epiglottis or ventricular folds, uncommon sites are sub glottis, aryepiglottic folds vallecula.

These cysts may remain asymptomatic when small, but can produce significant airways compromise as they enlarge. Early identification and appropriate surgical management are crucial to prevent airway obstruction and optimal voice outcomes.

CASE REPORT

A 45-year-old male presented to our ENT department Hi tech medical college and hospital with dysphonia, dysphagia and globus sensation in throat since 1 month. CT scans and video laryngoscopy was done.

laryngoscopy revealed a whitish, smooth surfaced mass of size 4x3x3cm present over left vallecula region (fig 1,2) (fig 3,4) for which surgery was planned.

Endoscopic marsupialization of the cyst under general anaesthesia done. Cystic fluid with remnant tissue sent for histopathological study and report revealed Retention/Ductal type vallecular cyst.



Fig 1



Fig 2



Fig 3



Fig 4

DISCUSSION:

- Vallecular cyst is a benign laryngeal cyst located between the tongue base and the lingual surface of the epiglottis [1].
- It constitutes 5–10% of all benign laryngeal neoplasms [2].
- In paediatrics population, vallecular cysts are congenital and in adult population, the formation of the cyst is due to obstruction of the submucosal minor salivary glands [3].
- The differential diagnosis of vallecular cyst includes lingual thyroid, teratoma and dermoid.
- Transoral marsupialization or deroofting are an acceptable treatment modality with needle aspiration to reduce the size of the cyst. This procedure can be done with cold instruments laser, coblation and even radiofrequency [4].

CONCLUSION

- Identification of this uncommon condition is pivotal for

ENT specialists.

- Early recognition and appropriate surgical intervention are crucial for patient outcome.

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