

Chondrolaryngoplasty: A Technical Overview and Measure of Outcomes Over a 5-Year Period at a Metropolitan Medical Center

Andrew J. James BS ¹, Ricardo A. Torres-Guzman MD ¹, Sriya V. Nemani ¹, Sara C. Chaker BS ¹, Mariam Saad MD ¹, Christopher L. Kalmar MD ¹, Galen Perdikis MD ¹, Patrick E. Assi MD ¹, Salam Al Kassis MD ¹

1. Department of Plastic Surgery, Vanderbilt University Medical Center, Nashville, TN



Scan for video

Purpose

Chondrolaryngoplasty was first described in 1975 and is a common facial feminizing procedure. This study described the technique of laryngoscopic-assisted chondrolaryngoplasty and investigated its safety.

🎯 Review safety and aesthetic outcomes from laryngoscopic-assisted chondrolaryngoplasty.

🎯 Evaluate the safety of chondrolaryngoplasty when combined with other gender-affirming procedures.

Methods

A retrospective review of all chondrolaryngoplasty procedures performed by our group from 2019 to 2023 was performed to collect relevant patient demographics, post-operative complications, and aesthetic outcomes. Additionally, a video tutorial was created to outline the senior author's operative technique.

Results

- Over 5 years, 32 patients received chondrolaryngoplasty at our center.
- No patients experienced infections, wound dehiscence, or other surgical site complications.
- One patient reported hoarseness which resolved by their six-week follow-up
- The average patient underwent three additional procedures with the most common being augmentation mammoplasty, brow lifting, and frontal bone reduction.

Conclusions

Chondrolaryngoplasty is an effective surgical technique that can be safely combined with other gender affirming surgeries. Endoscopic vocal cord visualization, meticulous sub-perichondrial cartilage dissection, and careful layered closure are key to optimizing safety and post-operative appearance.

