

PATIENT INFORMATION

Voice Care

A healthy voice and throat comes from a healthy mind and body

Here is a list of useful suggestions that you may have already discussed with your Voice Therapist or ENT Consultant.

- Do talk and sing if you feel like it.
- If you develop a troublesome cough please go and see your GP.
- Avoid throat clearing and coughing as it can irritate your throat further. If you feel the need to cough or throat clear you can try taking a sip of water instead or swallowing hard. If you have to clear your throat try to do it gently with a huff.
- If you have any symptoms of heartburn, indigestion or reflux, get it treated by a doctor.
- Keep your mind and body healthy – eat and sleep well and exercise regularly.
- Keep your neck and shoulders loose and easy and seek treatment for any neck or back problems.
- Drink lots, but not alcohol or caffeine. Sip fluids throughout the day.
- Enjoy a party but do not smoke anything at all.
- Take time off to rest your voice if you have infective laryngitis. Keep talking to a minimum and do not whisper.
- Avoid yelling and screaming in anger.
- Steam inhalations can be soothing. Use them regularly. Aim for five minutes twice a day.

- If you are often around dust or chemicals, i.e., cleaning products, consider wearing a mask.
- If you sing or perform, warm up your voice before you do so. Remember to cool down afterwards.
- If you use an inhaler, remember to use a spacer and rinse your mouth out afterwards.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.