

PATIENT INFORMATION

Voice Care

A healthy voice 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 raising or forcing your voice.

- 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.

If you need further advice regarding your voice, please contact the Voice Team in the Speech and Language therapy Department on 01803 654948

Email – tsdft.voicetherapy@nhs.net

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