

Voice Rehabilitation after Surgery

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ENT North

Following vocal cord surgery, it is recommended that you rest your voice completely for approximately 3 days.

- When you recommence talking, continue to have regular voice rest periods over the day and
- maintain a reduced 'vocal load' for the first week post-operatively.
- Avoid long periods of talking; e.g. presentations at work, lectures, and prolonged periods answering telephone calls, or long telephone calls.
- Avoid singing, shouting, screaming or whispering until your voice feels completely healed and there is no discomfort with speaking or swallowing.

Speech/Voice Therapy

Your Speech Therapist is the key to full recovery of your vocal function, and their care is more important than almost any aspect of your treatment.

It is crucial that you keep your voice therapy appointments post surgery, and follow the instructions of your Speech Therapist in terms of exercises between sessions. You will be given an exercise program, which will be guided by your therapist.

- As soon as you know the date of your operation, please tell your Speech Therapist.
- Intensive voice therapy will often begin before your surgery and continuing after it. The aim of therapy is to encourage "Good Vibrations" of your folds. This involves creating and maintaining a healthy sound by repeating exercise regularly in order to:
 - Reduce vocal fold swelling
 - Massage the vocal folds and promote healthy healing patterns
 - Prevent any potential vocal fold scarring
 - Promote efficient voice production in the future
- 'Vocal Hygiene' advice must be followed, such as:
 - Increasing water intake to at least 8 glasses a day
 - Reducing/eliminating throat clearing
 - Not speaking over background noise, or otherwise straining your voice

Your Speech Therapist will also help you make decisions about your appropriate 'vocal load', and may suggest ways to limit any overuse. He/She will also help you to determine the suitability of your returning to work, or any restrictions when you do.