



BERWICK ENT

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VOCAL HYGIENE PROTOCOL

Regardless of the cause of your voice disorder or the management plan prescribed, good Vocal hygiene is always advised. Taking care of your voice in the best way possible will ensure optimal outcomes and ensure that you maintain your quality over time.

In doing so, it is important to remember the following guidelines:

- Drink plenty of non-caffeinated, non-alcoholic fluids (64oz/day)
- Avoid caffeine
- Avoid alcohol
- DO NOT SMOKE or use tobacco products
- Avoid smoky environments such as bars
- Avoid shouting/yelling
- Do not raise your voice louder than normal conversational loudness.
Instead of yelling up/down the stairs, use your feet, -and a normal loudness
Don't try to compete with noise: turn the volume down on the television and radios before you try to talk to someone.
Avoid talking on the phone in the car
Try not to talk over loud freeway/outdoor noise
Avoid noisy restaurants and bars
- GIVE YOUR VOICE A REST AT THE END OF THE DAY (AFTER 5 PM)
Engage in activities that don't involve talking: reading, watching TV, etc.
Try to make all your phone calls before 5pm "let the machine get it "
- Use email/texting as much as possible after 5pm to assist with resting your voice
- Avoid throat drops or anything with menthol/eucalyptus (these are irritating to the larynx)
- Use hard candies (regular or sugar free) to keep your throat lubricated if desired. (Avoid mint ,sour candies)
- Don't whisper if your voice is bad: hoarseness can be a sign that your voice needs a break! Limit talking and write instead.

