

Patient information

Care for your voice before and after surgery

- Do not throat clear

When you have the urge to clear your throat then swallow, sip some water or huff and then swallow.

- Drink at least eight glasses of water per day
 - If you have a caffeine drink, eg coffee, tea, then you need to drink another cup of water for every cup of coffee / tea you drink.
 - Take a glass of water to bed with you and if you wake up during the night have a drink.
- Nose breathe as much as possible
- Steam inhalation in the morning and night
- Strict voice rest for 1 - 2 weeks after your surgery

Following voice rest

- Speak with a comfortable voice
- Do not use excess effort to speak.
- Do **not** whisper
- Do not shout across long distances
- Do not talk over loud noises
- Do get moderate exercise in a leisure activity, for example, go for a 20 minute walk four times a week