

Patient information

Care for your voice before and after surgery

- Do not clear your throat - 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, e.g., 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
- Breathe through your nose as much as possible
- Inhale steam in the morning and at night using plain boiling water
- Carry out strict voice rest as instructed by your surgeon after your surgery
- After the required time begin to use the voice in a conservative way, e.g., recite sequences such as counting, days of the week, and months of the year. Avoid long telephone calls/noisy environments/singing, and gradually build up your voice use. After 7-10 days return to nearly normal amounts of talking.

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.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo) <https://www.accessable.co.uk>



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