



Post-operative voice use

If your condition is the result of voice misuse or abuse, full voice rest (silence) is recommended for *the first 4 days after surgery*. Coughing and/or whispering is also prohibited. Otherwise, this will lead to a longer healing phase.

However, it is recommended to produce soft sighing sounds for about 10 seconds every few hours.

Afterwards, it is recommended to gradually increase the use of your voice with limited amounts. This means that during *the first week* you may increase your speech activity to 3 (on a scale of 1 to 7). Singers may perform vocalization exercises for 5 minutes and this 2x/day.

During the second week, you may increase your vocal activity to 4 on a scale of 1 to 7.

During the third week, you may raise your voice use to 5 (again on a scale from 1 to 7) and so on... For singers, the vocalization exercises may be increased by 5 minutes per practice session each week.

If your condition is not the result of misuse of your voice or misuse of your voice, only "caution" is recommended for voice use during the first week. This means 'saying what you need to say' without excessive social conversations.

Why voice rest?

- Protects the vocal folds from trauma
- Promotes recovery
- Prevents the formation of scar tissue on the vocal cords

Tips:

- Use pen and paper, or smartphone, as means of communication.
- If you feel you have to cough or scratch your throat: try to suppress the cough by, for example, taking a sip of water and coughing gently.
- Inhaling steam is very good for the vocal folds. This can be done by letting a pot of water boil on the fire and then slowly inhale and exhale through the mouth with a towel above your head.
- Hydration of the voice is also very important as dried out vocal folds are more vulnerable. This can be done by drinking at least 1.5 liters of water per day.
- Avoid irritations of the environment (dry air, cigarette smoke, dusty rooms, ...).

The follow-up consultation is scheduled between 7-14 days after surgery.

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