



## **INSTRUCTIONS FOR VOICE REST**

Resting the voice is critical to good results from Voice Surgery. The following is a general guideline. Some modifications may be made to your individual voice rest and use schedule.

### **Post-op Voice Surgery: 1-2 weeks VOICE REST**

- No talking
- Whispering
- Humming
- Exercise except light aerobic exercise after the first week.
- Try not to cough
- Try not to clear your throat

### **1st post op visit: Speech Pathologist takes you off voice rest**

Guidelines for gradual return to voice use: **Confidential Voice**

Post op visit: 5 minutes per hour

2nd day: 5 minutes per hour

3rd day: 7 minutes per hour

4th day: 7 minutes per hour

5th day: 7 minutes per hour

6th day: 10 minutes per hour

7th day: 10 minutes per hour

8th day onward: add only a few minutes per hour each day to the total talking time

These times are the maximum amounts of cumulative voice use in an hour. Spread it out over that hour

**You should not return to full voice use for about 6 weeks No public speaking/singing until cleared by MD**

☐ This is a progression. If you have any trouble, back up and do not progress until you are ready. Everyone heals at different rates.

### **REMEMBER:**

- ☐ Use an easy, natural voice
- ☐ No phone use until 3 weeks after surgery
- ☐ Always Avoid Extremes —

Yelling, singing, throat clearing, talking for a long period of time without a break, heavy lifting and strenuous exercise

- ☐ If any pain, fatigue, hoarseness — call your physician or speech pathologist
- ☐ Drink lots of water, no caffeine/alcohol
- ☐ Take vocal breaks — for 20 minutes of use, take a 10 minute break

Specific Instructions/Exercises will be given by your speech pathologist