



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