

Vocal hygiene

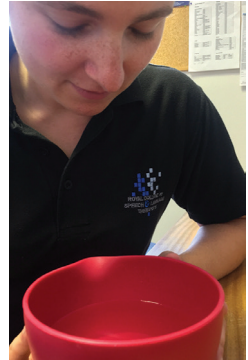
What should I do more of?

Drink fluids – 6-8 glasses a day.

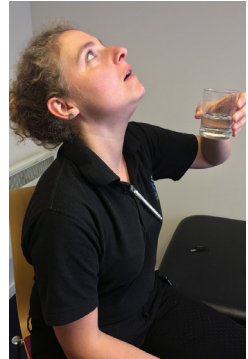
This helps hydrate the mucosa in the throat.

Wet the throat regularly during the day.

Inhale water vapour using a steamer cup or a cold air mister.



Gargle with tepid water to wet the mouth and throat especially if you use asthma inhalers.



Stress leads to strain. Spend time during the day to **relax**.



If you have an acute infection follow this advice:

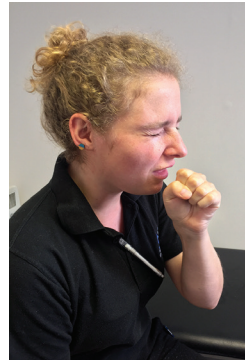
1. Increasing fluid intake
2. Regular Steam inhalation
3. Rest the voice, or use very gently.
Do Not Whisper
4. Do not gargle with Aspirin

What should I do less of?

Talk less. The vocal cords vibrate millions of times during the day. Cutting down talking will help rest the voice.



Avoid irritants – vocal cords can be sensitive to irritants especially if they are dry.



Avoid using a LOUD voice.

A quiet voice reduces damage to the vocal cords.



Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

Royal Sussex County Hospital

01273 696955 Ext. 4813

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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