

POST OPERATIVE VOICE CARE

VOICE USE GUIDELINES

Day of surgery - No talking/ No whispering

Days 1-3 after surgery - No talking/ No whispering

Days 4-6 after surgery - Ease back into talking, preferably at a high pitch (easy, flow phonation, no strain).

No more than 5 minutes every 30 minutes

Days 7-10 after surgery - Ease back into talking .
No more than 10 minutes every 30 minutes

Days 11-14 - Ease back into talking.
No more than 15 minutes every 30 minutes

Day 14 - Appointment with SLP to resume normal voice use

**Injection laryngoplasty will not require extensive voice rest. Most patients can resume normal voice use the following day.*

WHAT IS VOICE REST?

Typically, your physician will prescribe three to seven days of voice rest after surgery.

This means absolutely no talking, throat clearing, whispering, or coughing (if you can avoid it).

Any noise that you make can be damaging and may make it difficult for the vocal cords to heal properly.

No exercising, lifting heavy things, straining in the bathroom as these cause the vocal folds to shut together.

Playing some musical instruments, like wind instruments, may result in forceful vocal cord contact. If you are an active instrumentalist, please discuss this issue with your voice care team prior to vocal fold surgery.

WHY VOICE REST?

It requires 3-5 days for re-epithelialization of the vocal folds. If you speak before your vocal folds have a chance to heal this way, you risk opening the wound because the vocal folds vibrate when you speak. (Branski et al, 2005)

SOURCES:

UT HEALTH SAN ANTONIO VOICE CENTER
A TEMPO VOICE CENTER, TX

The following information is to provide a broad overview of post surgery recovery, This will be tailored to your needs by your ENT and speech-language pathologist (SLP)

Schedule a pre-operative voice consult at South Bay Speech Therapy Clinic

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