

Voice Care

Patient Information Leaflet

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There are ways you can look after your voice.

These will help to make your throat more comfortable and will help your voice.

Avoid throat clearing

- This causes the vocal cords to 'slam' together, irritating the vocal cords.
- Throat clearing is usually a reaction to inflamed and irritated vocal cords and the throat clearing only causes further mucous to be made.
- Have a glass of water, excessive mucus can be dislodged by using steam inhalations.
- Avoid dairy products if you get mucus build up.

Avoid smoking and excess alcohol

- These dry out and irritate your voice box and wind pipe.
- Contact your local stop smoking support group e.g. Fag Ends 0800 195 2131 or www.roycastle.org/quit/support.htm#liverpool
- Speak to your G.P for advice.

Avoid working and talking around smoke, dust and fumes.

- Get plenty of fresh air during breaks.
- Always keep your throat moist.

- Have frequent sips of water.
- Place a bowl of water near a heater to hydrate the air.

Avoid speaking in a forceful or loud manner

- Keep your voice appropriate and monitor the volume.

Avoid shouting

- Reduce background noise.
- Use alternatives such as amplifiers or gestures to facilitate communication.

Avoid using an unnatural voice

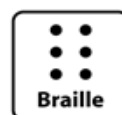
- Your voice box allows you to produce a certain voice.
- Producing a different voice puts strain on your vocal cords and surrounding muscles.
- Always use a comfortable and natural voice.

Avoid slouched or tense positions

- Be aware of your posture.
- You should feel supported, relaxed and comfortable.

Avoid stress

- Bodily tension and emotional stress affect the voice.
- Learn to recognise when stress is affecting you.
- Set aside time in the day to relax.
- Learn to relax in stressful situations. Seek help to deal with the effects of stress.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

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