

Post Operative Voice Rehabilitation

- Following vocal cord surgery, it is recommended that you rest your voice completely for approximately 3 days.
- When you recommence talking, continue to have regular voice rest periods over the day and maintain a reduced vocal load (approximately 30-50%) for the first week post-operatively.
- Singing, shouting, screaming and whispering all strain the voice box more than talking at a normal volume. Avoid these altogether until your voice box has completely healed.

Intensive voice therapy with a Speech Therapist is **strongly** recommended to commence within a week of surgery. It is crucial that you keep your voice therapy appointments post surgery, as this is usually more important to your recovery than the operation itself. Most people require several sessions to optimize recovery.

- The aim of therapy is to encourage “Good Vibrations” of your folds. This involves creating and maintaining a healthy sound by repeating exercises regularly in order to:
 - Reduce vocal fold swelling (oedema)
 - Prevent any potential vocal fold scarring
 - Promote efficient voice production in the future
- You will be given an exercise program, which is essential for the first one - two weeks post-surgery. Your exercises will be guided by your Speech Therapist. Complete these exercises as instructed.
- ‘Vocal Hygiene’ advice must be followed, such as:
 - Increasing water intake to at least 8 glasses a day
 - Treating any underlying reflux adequately
 - Reducing/eliminating throat clearing
 - Not speaking over background noise
- Your Speech Pathologist will also help you make decisions about your ongoing ‘vocal load’, and will help you to determine the suitability and manner of your returning to work.

Being diligent in your exercises will optimise your voice, and minimise the chance of needing further surgery in the future.

Contact Details:

Northern Hospital Children’s Ward: (03) 8405 8415

Northern Hospital Day Surgical Centre (adults): (03) 8405 8501

Northern Hospital Speech Therapy Department: (03) 8405 8580

Northern Hospital Outpatient Department: (03) 8405 8335

Medical Advice (for emergencies only, please):

- Mon-Fri 8am-4pm: (03) 8405 8000, ask for the ‘ENT Registrar On Call’
- After hours: Austin Health (03) 9496 5000, ask for the ‘ENT Registrar On Call’