

# Managing Voice Disorders

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## Post-Operative Voice Care

In order to achieve the best possible outcomes from your voice surgery, it is important to take proper care of your voice post-operatively. The following guideline is used for most voice surgeries conducted in this practice. The closer this is followed, the more likely your voice will recover as planned.

This plan will cover the first two weeks following your surgery. Depending on your work demands, it may be necessary to take this time away from work if you use your voice a lot throughout the day.

**Be sure to schedule a post-operative appointment with the SLP department on or about day 14, before you resume normal voice use.**

### Day of Surgery:

**NO TALKING! NO WHISPERING!!**

### After Surgery:

**Day 1-3:**

**NO TALKING! NO WHISPERING!!**

**Day 4-6**

**Talking Begins!**

**Talk no more than five minutes every half hour**

**Day 7-10:**

**Talk no more than 10 minutes every half hour**

**Day 11-14:**

**Talk no more than 15 minutes every 30 minutes**

Once you have been provided with clearance for the SLP staff to resume normal voice use, it is important to follow the guidelines set forth in the **Vocal Hygiene Protocol (downloadable from [www.practicalSLPinfo.com](http://www.practicalSLPinfo.com))**.