

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: \_\_\_\_\_

SPEECH PATHOLOGIST: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

\_\_\_\_\_ DATE: \_\_\_\_\_



### **HANDOUT-ABLE: Effective Vocal Hygiene Protocol**

Caring for one's voice is a vital part of maintaining voice health, and/or participating in voice treatment. While it is not always possible to follow all recommendations 100% of the time, these suggestions are practical guidelines in maintaining effective vocal hygiene practices.

Benefits of this effective vocal hygiene protocol include:

- practices can help prevent further deterioration of voice function
- practices can assist in preventing other types of additional voice disorders
- practices can aid in the healing process
- practices support recovery of vocal function

The following is a list of recommendations patients should employ for adequate vocal hygiene:

- Perform daily oral care guidelines/toothbrushing;
- Avoid tooth brushing products with alcohol, as it dries the voice and the oral communication system;
- Drink plenty of water, patients should speak to their primarily medical provider for details on amounts;
- Avoid situations where the patient would be tempted to perform yelling, or vocal abuse (sporting events, concerts — if the patient desires to attend, a decision to not perform vocal abuse behaviors would be recommended);
- Avoid behaviors that negatively impact the voice: excessive vocalizing while swimming, loud/sharp noises, performing speech utterances in funny or laryngeally-irritating voices, long speaking engagements at an elevated volume (without the benefit of voice amplification);
- Avoid unintended voice/throat clearings. If it comes to the patient's attention that unintended voice/throat clearings are present on a regular basis, it is recommended that the patient start a conversation with their ear-nose-throat doctor or primary provider — and speech-language pathologist as well.
- Avoid as much as possible: any type of straining/loud/sharp vocalizations, as this puts the patient at-risk for damage, or further damage to the vocal folds.

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