

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 of the 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.

[Nicespeechlady.com](http://Nicespeechlady.com) resources are intended for speech-language pathology professionals only — in order to augment treatment as indicated, or for general information purposes for friends of the SLP profession. SLPs should access these resources and provide content up to the level of their experience, and liability of use outside what would be indicated falls onto the responsibility of the SLP. See "Terms and Conditions." Please return back to [Nicespeechlady.com](http://Nicespeechlady.com) for additional copies and more materials for treatment home programs, resources, and assessment tools. Copyright @ 2018 Nice Speech Lady LLC.