

## Post Operative Voice Rehabilitation

- Following vocal cord (fold) surgery, it is recommended that you rest your voice completely for approximately 3-5 days depending on your surgeon's recommendation.
  - 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.
  - Intensive voice therapy with a Speech Pathologist is recommended to commence within a week after surgery. It is crucial that you **keep** your voice therapy appointments post surgery.
  - You will also have an early post operative review with your surgeon, to ensure that healing is proceeding in an uncomplicated manner.
  - On average, most people require a minimum of three voice therapy sessions to optimise recovery.
  - The aim of therapy is to encourage **“good vibrations”** of your vocal cords.
  - This involves **Vocal Exercises** and **Vocal Hygiene**
1. **Vocal exercises** involve creating and maintaining a *healthy sound* by *repeating* exercises *regularly* in order to:
    - ✓ Reduce vocal fold swelling (oedema)
    - ✓ Massage the vocal folds
    - ✓ Minimise 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 to two weeks post surgery. Your exercises will be guided by your Speech Pathologist, and usually include the following, at a comfortable pitch:
      - ✓ Altering the focus of resonance – ***i.e. Resonant Voice Therapy, Humming, Nasals***
      - ✓ Impedance therapy ***i.e. Lip trill / tongue trill***
      - ✓ Sustaining fricatives such as /vvv/ and voiced sounds
    - It is recommended that you complete these exercises 4-6 times a day for short, regular periods, for example, 10 minutes.
  2. **Vocal Hygiene** advice must be followed, such as:
    - ✓ Increasing water intake to at least 8 glasses a day
    - ✓ Reducing/eliminating throat clearing
    - ✓ Not speaking over background noise

- Your **Speech Pathologist** will also help you make decisions about your ‘vocal load’ upon your first post operative consultation, and may suggest that you reduce the amount that you speak to 30%, for example.
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- Based on your **Surgeon’s** recommendations and your post-operative healing, your Speech Pathologist will also help you to determine the suitability of you returning to work or any restrictions.

**Remember, Good Vibrations!!**