

# Post-Operative Voice Guidelines

## Fort Worth ENT & a tempo Voice Center, LLC

Proper care of your vocal folds and laryngeal mechanism is extremely important after major surgery. If you have recently had voice surgery from one of our physicians, please read the following carefully. You following these recommendations closely increases your chances for the best possible voice recovery.

\*Specific modifications to this protocol may be made by your Speech Language Pathologist depending on the type of surgery you had. Extra considerations need to be made if you depend heavily on your voice for your job.

Schedule your post-operative appointment with your Speech Language Pathologist before resuming normal voice use. This appointment should be about 2 weeks after your surgery for maximum healing time.

### **Day of Surgery:**

NO TALKING—NO WHISPERING.

Write everything down, text, email.

### **Days 1-3 after surgery:**

NO TALKING—NO WHISPERING.

Write everything down, text, email.

### **Days 4-6 after surgery:**

Ease back into talking, preferably at a high pitch

No more than 5 minutes every 30 minutes.

### **Days 7-10 after surgery:**

Ease back into talking

No more than 10 minutes every 30 minutes.

### **Days 11-14:**

Ease back into talking

No more than 15 minutes every 30 minutes

**Day 14:** This is when you should have scheduled your appointment with your Speech Language Pathologist to discuss resuming normal voice use.

Why is it crucial to remain strictly on voice rest at first? It requires 3-5 days for re-epithelialization of the vocal folds. If you speak before your vocal folds have had a chance to heal this way, you risk opening the wound because the vocal folds vibrate when you speak. (Branski et al, 2005)

You should begin vocalizing in higher pitch range around day 5 to minimize vocal fold atrophy.