



VOCAL HYGIENE

- Has your voice gone from good to bad??
 - Do you want to make your voice sound better???
- Then you need to follow these simple

INSTRUCTIONS

1. If your voice has become hoarse, talk minimum in that voice till you see your ENT doctor.
2. Avoid Screaming, Shouting, Yelling
3. Talk softly and in short sentence.
4. Do not ignore even a slightest change in your voice. Please see your ENT specialist or a Voice Therapist immediately as it can be a warning sign for some serious laryngeal pathology
5. Follow the medication given by your doctor properly. Do not do self medication.
6. Give maximum rest to your voice.
Do not do any vocal abuse i.e. continuous talking, talking loudly, yelling, screaming, calling / talking from distance & vocal misuse i.e. singing / talking in a different voice / in a different pitch etc.
7. Do not clear your throat again and again. Drink water if your experience throat irritation.
8. Avoid vomiting / putting finger in your mouth & cleaning your throat.
9. 'WATER' is your medicine. Keep sipping water every 15th minute.
10. Increase your liquid intake. Your body requirement is minimum 3-3½ liters of water per day.
11. Avoid having drinks / food products with high acid or caffeine content.
12. You can have cold water & ice creams & other cold beverages provided they dont give you cough & cold.
13. Avoid eating very spicy or oily food specially when the voice is bad.
14. See to it that you do not raise your voice when you are in a noisy place.
15. When in a noisy place or while communicating from distance, use other means of communications i.e. clapping, gestures, whistling, using bell etc.
16. Whenever possible talk face to face.
17. Keep your neck & shoulder relaxed by...
 - a. Practicing slow yawning
 - b. By relaxation exercise given by your therapist.
 - c. By humming &/or phonating sounds at your optimum pitch level.

- d. Performing / practicing in front of mirror so that you can see and feel the muscle tension in your neck.
18. Do not ignore any allergy, please see your doctor.
 19. Give proper history to your doctor about medication, surgeries & voice problems if any.
 20. To avoid acid reflux, avoid going to bed immediately after having food.
 21. Intimate your doctor if you have acidity complaint.
 22. Take plain water steam for 5 mins minimum 3 times a day.
 23. Do not slouch or observe a poor body posture while speaking / singing. Keep your neck & back straight.
 24. Learn good breathing pattern from an expert. Talk in short sentences, take pauses while talking & use that pause for taking a new breath.
 25. Maintain environment temperature at your work place and at home.
 26. Avoid having chocolates, nuts, dairy products, very sugary - spicy & oily food.
 27. Alcohol, tobacco consumption & smoking is a STRICT NO if you have voice problem.
 28. Soft talking does not mean whispering. Do not whisper.
 29. Do not do heavy physical exercises where pushing, pulling or lifting of heavy weights is involved, specially when you have been diagnosed with a vocal cord pathology.
 30. Avoid exposure to smoke & dust. Mask your nose & mouth when you are in a dusty or smoky area.
 31. Laughing loudly & speaking in a harsh voice should be avoided.
 32. As the noise level is more when you are travelling, talk minimum & drink warm liquids.
 33. Do not talk while exercising. Avoid making sound like 'hmm' 'aah' while exercising. Talk when your breathing normalises after exercising.
 34. Do not talk continuously on a single breath without taking pauses as your vocal cords will get tensed if you do so. speak slowly.
 35. Do not hold your breath while thinking of what to talk, that will tense your vocal cords.
 36. Keep your articulators, your tongue, jaw muscles relaxed while speaking. Avoid talking with clenched teeth.
 37. Don't talk with half closed mouth. Use oral resonance by speaking with open mouth.
 38. If you are not a trained professional then avoid -
 - a) Mimicry.
 - b) Speaking continuously in low pitch.
 - c) Making harsh sounds.

Apart from these instructions if you are a

TRAINED VOICE PROFESSIONAL

then you also need to take care of following Do's & Dont's:

1. Learn vocal warm up exercises from your voice therapist & do it before any vocal performance.
2. Give proper rest to your voice after every performance.
3. While performing (e.g. singing / acting / lecturing etc) as far as possible.
 - a) Avoid talking in a monotonous low pitch voice continuously for longer duration.
 - b) Don't clear your throat again & again.
 - c) Don't cough to clear your throat.
 - d) Keep sipping water.
 - e) Avoid excessive speed.
 - f) Use your optimum pitch level / talk in a voice which is comfortable for you.
 - g) Avoid hard glottal attacks by giving excessive stress on words (hmm - aaah)
 - h) Do not force your self for producing very high pitch or very low pitch voice.
4. Get your laryngoscopic examination and voice Analysis done every six month from experts.
5. Keep your neck, shoulder, back & chest muscles relaxed if you are singing at a different pitch level of while doing mimicry.
6. Strictly avoid all sort of vocal abuses / vocal misuses & take maximum voice rest.
7. Bring out the necessary change in your voice only under the guidance of your music teacher or a trained voice modulation expert.
8. Try & reduce noise around you and see to it that the audience around you is quiet before you start talking specially when in a group or crowd.
9. Use amplification whenever possible.

You can avoid getting into most of following vocal cord pathologies, merely by maintaining Good Vocal Hygiene :

- 1) Vocal fold cyst
- 2) Vocal fold nodule
- 3) Vocal fold Polyps
- 4) Vocal fold Haemorrhage
- 5) Reinke's odema
- 6) Granulomas and Vocal Process Ulcers
- 7) Papilloma.
- 8) Vocal fold Scar
- 9) Sulcus Vocalis
- 10) Laryngeal Web
- 11) Bowed Vocal folds
- 12) Paralytic Vocal folds
- 13) Laryngeal Cancers

If any voice change persists for more than 5 days then YOU NEED TO IMMEDIATELY SEE YOUR ENT SURGEON .

TREATMENT OPTIONS :

- 1) Laryngoscopy
- 2) Voice Analysis
- 3) Medication / Surgery
- 4) Voice Therapy

~ THANK YOU ~