

# Voice care after your microlaryngoscopy operation

Information and advice for patients

## *Speech and Language Therapy*

After your microlaryngoscopy operation your vocal cords will need time to heal. To allow them to do so, it is essential that you follow the advice below:

- **Completely rest your voice for 48 hours following surgery** - no talking, mouthing or whispering. You can communicate by using a pen and paper.
- **Don't smoke**
- **Don't clear your throat or cough.**
- **Keep well hydrated** – drink a minimum of 6 glasses of water or squash a day and avoid too much tea or coffee.
- **If you are being treated for reflux** please take your medication as prescribed until your consultant ENT surgeon tells you otherwise.
- **Rest and relax quietly** – you have had an operation and will need to rest to help your body heal. Take time off work and avoid strenuous exercise and lifting heavy objects.
- **Have regular steam inhalations** – these will help to soothe your throat.
- **Ensure you have a follow-up appointment** to see your Consultant ENT Surgeon.

### **Using your voice again**

After 48 hours you can begin to use your voice gradually. Speak quietly but avoid whispering and using your voice for a long time. Do not sing until advised by the consultant ENT surgeon or speech and language therapist that it is safe to do so.

Some people find they lose their voice completely for a few days and it is not unusual for the voice to remain hoarse for several weeks.

### **Follow-up**

You will be sent an appointment to see your consultant ENT surgeon after the operation. If necessary you may need a short course of voice therapy to help your voice improve.

### **What should I do if I am worried about my voice?**

If you have any concerns about your voice after surgery please contact the Speech and Language Therapy Department on:

0121 507 4475

Monday – Friday, 8.30am - 4.30pm

Outside of these hours, or if no one is available to take your call, you can leave a message on the answerphone.

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### Further information

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com) or follow us on Twitter @SWBHnhs and Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

- Harris et al, 'Voice clinic handbook', 1998
- Green and Mathieson, 'The voice and its disorders', June 2001
- The Royal College of Speech and Language Therapists, Clinical guidelines, 2005

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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