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### Post-Procedure Instructions

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#### Voice Rest Protocol

FIRST, 1-2 weeks of voice rest! Use a board and marker (pen and paper) to communicate!

Than (double the time each day in essence):

	AM	PM
1st Day	5 minutes	5 minutes
2nd Day	10 minutes	10 minutes
3rd Day	20 minutes	20 minutes
4th Day	40 minutes	40 minutes
5th Day	1 hour, 20 minutes	1 hour, 20 minutes
6th Day	2 hours, 40 minutes	2 hours, 40 minutes
7th Day	5 hours, 20 minutes	5 hours, 20 minutes

Guidelines:

- Avoid extremes (loudness, singing, low/high pitches, speaking too softly)
- Increase water consumption (half your body weight in oz)
- No caffeine or alcohol
- No coughing
- No whispering
- No throat clearing
- No weight lifting

Exercises

- Hum-Sigh  
Use a medium high pitch -> medium low pitch  
Tongue and jaw relaxed  
Passive exhalation – air in, air out
- Chew up “hmmmm”  
Just let your air out with “yam yam yam yam yam”
- Count 1-10 in a confidential manner (pretend you are talking, but not whispering, to a person immediately in front of you in a quiet room)
- Count 1-10 with one word/breath

If you have any pain, fatigue, or hoarseness in use, then STOP!!!