



# Carolina Ear, Nose & Throat Head and Neck Surgery Center

## Vocal Hygiene

### Stay healthy:

Eat well and sleep well

Wash hands often

Keep hands away from mouth and eyes

Avoid contagion when possible

If/when you do become ill, let your voice be weak and rough. Do not push it and do not whisper. Increase your fluid intake. If your cold clears but your vocal symptoms persist, see your ENT!

### Promote hydration:

Drink at least 8-10 glasses (64-80 oz) of water per day

Use steam inhalation to directly hydrate your vocal folds (i.e. hot shower, facial steamer, hot towel)

Use a humidifier in rooms that are particularly dry at home or work

Tip: when your urine is pale, you are adequately hydrated!

### Decrease dehydration:

Limit caffeine and alcohol intake; for every dehydrating beverage you have, add a glass of water to neutralize the drying effects

Medications, especially antihistamines, can be drying. Take such medications only as needed

Avoid dry/irritating environmental conditions (i.e. cigarette smoke, chemicals, paint fumes, cleaning agents)

Breathe through your nose when possible: this warms, moistens and filters the air

Avoid menthol-based cough drops; use glycerin-based lozenges instead