Post-Procedural Instructions

Voice Rest Protocol

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

Then (double the time each day in essence):

<table>
<thead>
<tr>
<th>Day</th>
<th>AM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>5 minutes</td>
<td>5 minutes</td>
</tr>
<tr>
<td>2nd</td>
<td>10 minutes</td>
<td>10 minutes</td>
</tr>
<tr>
<td>3rd</td>
<td>20 minutes</td>
<td>20 minutes</td>
</tr>
<tr>
<td>4th</td>
<td>40 minutes</td>
<td>40 minutes</td>
</tr>
<tr>
<td>5th</td>
<td>1 hour, 20 minutes</td>
<td>1 hour, 20 minutes</td>
</tr>
<tr>
<td>6th</td>
<td>2 hours, 40 minutes</td>
<td>2 hours, 40 minutes</td>
</tr>
<tr>
<td>7th</td>
<td>5 hours, 20 minutes</td>
<td>5 hours, 20 minutes</td>
</tr>
</tbody>
</table>

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 “hmmmmmm”
  - Just let your air out with “yam 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!!!