

Lakesore ENT Voice Center Tips On Voice Care

Lakeshore Professional Voice Center recommends these tips on voice care:

1. Avoid clearing your throat.
2. Avoid coughing whenever possible.
3. Speak in a clear tone.
4. Avoid talking above loud noise.
5. Keep volume level low on audio sets.
6. Wear earplugs at music concerts.
7. Keep airflow smooth during exercise (especially weight lifting)
8. Drink plenty of water to avoid vocal cord dehydration (at least 8 glasses per day)
9. Do not smoke and avoid smoky environments.
10. If your voice quality changes suddenly, rest your voice and consult your physician or laryngologist.
11. If your voice loss is gradual, but does not improve within 2 weeks, consult your physician or laryngologist.
12. If you are speaking or singing in a way that makes you hoarse or causes discomfort, STOP!

Additional tips for the performer:

13. Always warm-up before a performance.
14. Rest the voice when you do not need to use it.
15. Get formal voice training if you have not already.
16. Be careful with “character” voices and “emotional” releases. Always use good technique.
17. Career longevity is dependent on maintaining a healthy voice. Make wise decisions and protect yourself.
18. Come in early to be evaluated for any voice problems.