

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

Alexander C. Keszeli, D.O. **Alfred J. Mauriello, II, M.D.**
Michael A. Picariello, M.D. **Joseph L. Smith, II, M.D.**
Daniella D. Benson, PA-C
Nicole A. Walstein, PA-C

CARING FOR YOUR VOICE

AVOID

Smoke and fumes
If you smoke, STOP NOW!

Hot beverages- especially those
containing caffeine

Alcohol

Dairy products and chocolate

Throat clearing and coughing

Excessive talking

Yelling and screaming

Whispering

Weight Lifting

Gargling

Hot, spicy foods

DO

Cut down on talking as much as
possible

Use total voice rest for at least
one hour every day

Drink lots of water

Suck on hard candies or lozenges.
Lemon drops are best.

Keep your environment humid,
especially the bedroom. A cool
mist humidifier is very helpful.

Exercise daily

Head and neck exercises 3 times
daily. Do each 10 times:

Shoulder Shrugs
Slow Head Rolls
Head Drops Up & Down

If you must cough, cough silently using lots of air.