



**University
Hospitals Sussex**
NHS Foundation Trust

Vocal hygiene

Ways to help with voice problems

ENT Department

Patient information

What should I do more of?

Drink fluids: 6 to 8 glasses of water a day.
This helps hydrate the mucosa in the throat.

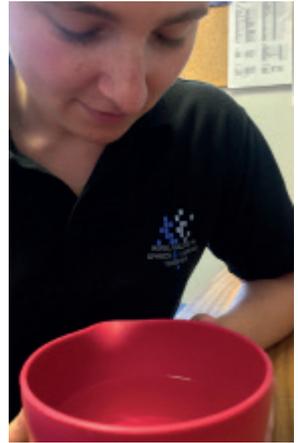
Wet the throat regularly during the day.
Inhale water vapour using a steamer cup
or a cold air mister.

Gargle with tepid water especially after
the use of asthma inhalers.

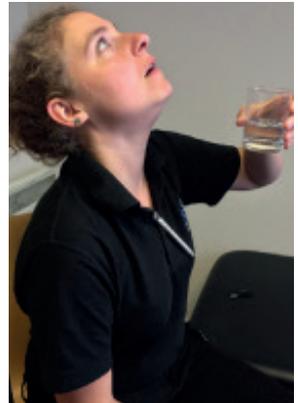
Stress leads to strain. Spend time during
the day to relax.

**If you have an acute infection follow
this advice:**

1. Increasing fluid intake.
2. Regular Steam inhalation.
3. Rest the voice, or use very gently.
Do not whisper.
4. Do not gargle with Aspirin.



A person holding a cup



A person gargling



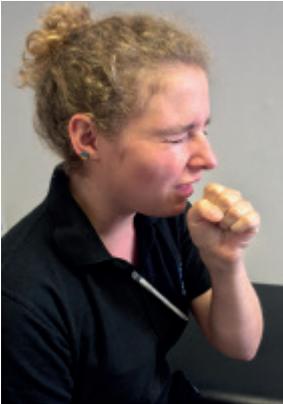
A person relaxing
in a chair

What should I do less of?



Two people talking

Talk less. The vocal cords vibrate millions of times during the day. Cutting down talking will help rest the voice.



A person coughing

Avoid irritants – vocal cords can be sensitive to irritants especially if they are dry.



A person shouting

Avoid using a loud voice. A quiet voice reduces damage to the vocal cords.

Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us at:

Royal Sussex County Hospital

ENT Department

01273 696955 Ext. 64813

Worthing Hospital

ENT Department

01903 205111 Ext. 84067

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This leaflet is intended for patients receiving care in St Richard's Hospital and Worthing Hospital.

Ref. number: 681.3

Publication date: 12/2025 Review date: 12/2026

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