

Vocal Hygiene for conservation of voice

Do's :



Sip warm water every 15 minutes to wet the mouth

Take steam of plain water twice a day



Drink enough water daily

Drink herbal tea



Gargle with saline or plain water often

Practice belly breathing for relaxation



Don'ts :



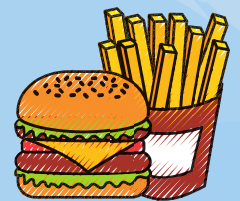
Avoid throat clearing

Avoid shouting, screaming or mimicry



Don't consume aerated drinks

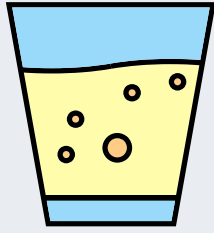
Don't consume fried, oily, & spicy food products



Don't consume alcohol

Do's :

Use antacids to avoid heart burn or regurgitation



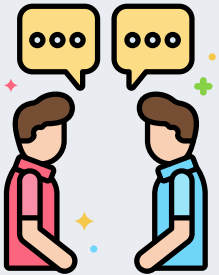
Perform humming to warm up before singing or using your voice for long duration



Talk slowly



Talk face to face



Voice rest as advised by your doctor or voice therapist



Follow up with your doctor



Don'ts :

Don't eat outside



Don't smoke or chew tobacco

Don't consume excessive caffeine products like tea, coffee



Don't over eat



Avoid dehydrating, dry & cold food



Avoid excessive talking or talking in noisy places

