

Orange Dental And ENT Care Centre

Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.
Kolkata 54 Helpline:8961022661 www.orangedentalandent.com email:info@orangedentalandent.com

Dr Uttam Agarwaal MBBS, MNAMS, DLO(CAL), DNB(ENT)CHENNAI

VOCAL HYGIENE

To maintain a normal and pleasant voice please carry out the following instructions :

- 1) Do not neglect any kind of throat infection or irritation. Get immediate advice from your ENT Specialist. Speak sparingly during colds and sore throats.
- 2) Do not misuse your voice by shouting, talking constantly for long periods or speaking in whispers (children should be checked particularly from howling and shouting constantly while playing). Do not lecture for more than 45 mins. at a stretch.
- 3) Do not take very hot and very cold drinks simultaneously.
- 4) Avoid use of too many condiments and chillies in your food.
- 5) Avoid smoking, chewing of tobacco and betels etc.
- 6) Avoid dusty, smoky and stuffy environment like cinema hall, fairs etc.
- 7) Teachers should use moist duster for rubbing the blackboard. They should avoid speaking while writing with chalk on blackboard.
- 8) Do not allow your throat to get dried up while speaking at a stretch. Take a sip of water in between to moisten your throat.
- 9) Do not clear your throat frequently by coughing, grunting or hawking severely.
- 10) Keep your head and neck erect while speaking. Do not tilt the head in a backward position while speaking.
- 11) Do not strain to speak loudly. Watch in a mirror that your neck muscles are not tensed up and veins are not engorged (become prominent) while speaking.