



JUSTIN PAVLOVICH, MD

9250 SW Hall Blvd., Tigard, OR 97223

503-293-0161x 4057

Post-Surgery Voice Prescription

No smoking during recovery

No whispering and/or yelling any time during laryngeal recovery.

Contact physician anytime during recovery when experiencing unexplained voice deterioration.

0-4 DAYS: Complete voice rest, use written/gesture communication

4-21 DAYS: Unrestricted normal talking BUT only in quiet settings

WEEK 4: Unrestricted normal talking in social/recreational settings with competing background noise

WEEKS 5-6: Continue unrestricted normal talking and if performer, begin simple vocalizing but not:

- a. Using extremes of pitch and/or loudness
- b. Rehearsing/performing

Healing should be accomplished by six weeks post-surgery

At any stage of recovery, rely on how voice sounds/feels as guide for continuing or stopping activity

For performers/singers: Once you receive news of complete healing, gradually, resume rehearsing/performing until back to normal voice-use profile.