



LAVANYA
Speech & Hearing Centre
We make a difference to hear and speak

Voice Care Tips

- ✓ Avoid overuse or misuse of voice such as excessive speaking, voice variations, shouting, whispering, yelling, screaming & howling.
- ✓ Maintain adequate hydration by drinking plenty of healthy fluids or water throughout the day.
- ✓ Avoid taking very hot and very cold drinks simultaneously.
- ✓ Do not speak beyond your breath capacity.
- ✓ Avoid excessive clearing of throat or hard sneezing.
- ✓ Avoid smoky, dusty & stuffy environments like cinema halls, fairs.
- ✓ Avoid Smoking, chewing tobacco, betels etc.
- ✓ Do not consume excessive caffeine products.
- ✓ Avoid condiments or spicy foods especially before going to bed.
- ✓ Avoid talking in noisy areas.
- ✓ Face the person while speaking or talking.
- ✓ Avoid irritating environments such tobacco smoke, auto exhaust, strong smells, allergic products like dust, incense sticks, deodorants & perfumes.