

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

Clare Park Hospital

Switchboard – 01252 850216



Information for Patients on

Voice Care

The ENT Partnership – Surrey Clinic

Spire Clare Park Hospital Crondall Lane Crondall Farnham GU10 5XX

T 01252 852552 F 01252 851331

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The ENT Consultants are

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

General Voice Use

Do not **shout, sing or scream** unless your Voice Therapist has checked that you are doing this in a way that does not strain your voice.

Do not **whisper**. If your voice feels weak, either give it a rest or talk normally to minimise the risk of straining.

Avoid talking **over background noise** (e.g. car engine, radio) until your voice can do this without strain.

If you have a **hearing impaired** friend/relative ask them to use their hearing aid and do not force your voice. If they still cannot understand you, write things down.

If your voice is weak, avoid using the phone too much. When using the **phone**, be careful to keep your voice low in volume. Hold the phone with your hand, **not** the shoulder.

Avoid excessive talking if you have a **cold**.

Use a **microphone** when talking to large groups of people.

Buy a whistle for the dog and a bell for your children.

Do not **force** your voice.

Catarrh Dryness

- Use steam inhalation to tackle catarrh.
- Keep well hydrated generally by drinking lots of water.
- Avoid air conditioning and overheated rooms.
- Breathe through your nose, not your mouth.
- Leave your window slightly open at night.
- Avoid drinks containing caffeine (e.g. coffee, tea, Coke).
- Avoid becoming dependent on decongestants, throat sprays, etc.
- Saline (saltwater) douching of the nose may be helpful.

Irritants

- Avoid alcohol, especially neat sprits/red wine.
- Avoid spicy foods.
- Stop smoking and avoid smoky environments.
- Wear a mask if you work in environments with fumes/dust.
- Avoid habitual throat clearing, sip water instead.

Sources of additional information

The Surrey & Hampshire ENT Partnership
www.entpartnership.co.uk

British Association of Otorhinolaryngologists
www.entuk.org