

**Chicago Institute for Voice Care  
1855 W. Taylor Street, Suite 3.87  
Chicago, IL 60612**

**The vocal folds like all muscles require a period of rest when they are overworked. You have been placed on voice rest to allow the vocals folds time to heal. Beginning to speak again feels quite different and we recommend the following guideline to resume normal speech in a safe manner.**

**1-2 Weeks Voice Rest Guidelines**

<b><u>When</u></b>	<b><u>AM</u></b>	<b><u>PM</u></b>
Day 1	5 min	5 min
Day 2	10 min	10 min
Day 3	20 min	20 min
Day 4	40 min	40 min
Day 5	1 hr, 20 min	1 hr, 20 min
Day 6	2 hrs, 40 min	2 hrs, 40 min
Day 7	5 hrs, 20 min	5 hrs, 20 min

Please avoid extremes (loudness, singing, low/high pitches  
Please don't speak too softly or whisper  
Increase free water intake (8-10 8 oz. glasses per day)  
Avoid caffeine  
**NO SMOKING**

If you experience pain with speaking, stop and rest your voice