

Useful Telephone Numbers

North Hampshire ENT Partnership
Hampshire Clinic - 01256 377733

The Hampshire Clinic
Switchboard - 01256 357111
Lyde Ward - 01256 377773
Enbourne Ward - 01256 377772

Frimley Park Hospital
(for out of hours emergencies)
Switchboard - 01276 604604

Basingstoke & North Hampshire Hospital
Switchboard - 01256 473202
DTC - 01256 313332

NORTH
HAMPSHIRE ENT
ENT • HEAD & NECK SURGERY

Information for Patients on

Voice Care

North Hampshire ENT Partnership - Hampshire Clinic
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The North Hampshire ENT Partnership consultants are

Jonathan Blanshard FRCS (ORL)

Appointed to North Hampshire Hospital in 1996. Special interest in ear surgery including middle ear reconstruction and also voice problems.

Paul Spraggs FRCS (ORL)

Appointed to North Hampshire Hospital in 1998. Special interest in head and neck surgery and facial plastic surgery.

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 North Hampshire ENT Partnership
www.ent-hampshire.com

British Association of Otorhinolaryngologists
www.entuk.org