



# Managing Problems with Your Voice

Some people have trouble with their voice after having a breathing tube while in hospital. If you have trouble with your voice, try these tips:



- Text, write, or use gestures.



- Don't talk too much, shout, or strain your voice.



- Take breaks if you become short of breath or run out of breath while talking.



- Drink liquids throughout the day to help keep your voice working well.

See your doctor or nurse practitioner if you are still having trouble with your voice weeks after leaving the hospital. You may be sent to an Ear, Nose, and Throat (ENT) specialist or a Speech-Language Pathologist (SLP) for more help.

