

# QUESTIONS FOR MY VOCAL WELL VISIT



## How do my vocal folds look?

Ask specifically how the vocal folds look. If you can see a picture of them, they should look pearly white and symmetrical.



## Do you see any areas of concern?

A thorough well visit will look at the vocal folds and the surrounding tissues. Clues like puffiness, redness, or lumps and bumps could be an indication of something that needs further attention.



## How do my singing and speaking sound?

The laryngologist and/or SLP should have you do some vocalizing and speaking while they examine your vocal folds. Some technique issues like hard speech, excess tension, and the like can lead to trouble down the road. Prevention is easier than rehabilitation!



## How might my medications and supplements effect my voice?

This is often overlooked in a well visit, but many things we take in our day-to-day lives can have a vocal effect. Take in a list of all the medications, supplements, or anything else you use regularly (including recreational substances) and go over their possible effects with your doctor.



## When should I follow up with you?

Set up your next appointment, and then make sure to follow through with all the instructions you were given. If you think you might have questions before your next visit, ask who you should call for assistance.

Have more questions? I'm here to help!  
Visit my website for more info.

[www.drheathernelson.com](http://www.drheathernelson.com)

