Laryngitis

Your exam shows you have laryngitis. This condition is due to inflammation around the vocal cords and causes hoarseness and cough. Laryngitis can often be related to a virus infection, excessive smoking, excessive talking or yelling, breathing toxic fumes, allergies, or reflux of acid from your stomach.

Treatment is mainly voice rest. Talk as little as possible (this includes whispering). Use written notes to communicate until your voice is back to normal. Avoid smoking cigarettes, drink plenty of clear liquids, and rest frequently until all your symptoms have improved. You should be checked by your doctor if your hoarseness and cough are not improved after 5 days. Please see your doctor or go to the emergency right away if you have:

- Trouble breathing or blood in your sputum.
- Difficulty swallowing, persistent fever or increasing pain.

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