

## **Vocal Fold Hemorrhage/Tear**

Sudden hoarseness during or shortly following singing or loud speaking can be indicative of a vocal fold hemorrhage or tear of the mucosa on the vibratory edge of the vocal fold. Tiny capillaries in your vocal folds are at risk for rupturing with great contact forces during voice production, and increased muscle tension or strain during speaking or singing, taking aspirin products, emotional stress, and dehydration can increase your risk for this type of injury. The mucosa is also somewhat fragile and excessive coughing, or singing/speaking with significant strain can lead to tearing of the mucosa. Both situations can result in acute hoarseness. Both require voice rest in order to heal optimally.

## **Laryngeal Examination**

It is important to go on vocal rest and see your **laryngologist** if this kind of injury occurs, as speaking or singing on a fresh hemorrhage can result in further injury to the vocal fold tissue, which may lead to vocal fold stiffness/scarring or development of a vocal fold mass.

## **Treatment**

Voice rest and hydration are the best approaches for healing both vocal fold hemorrhage and vocal fold tear. Voice therapy is also helpful after the period of voice rest is completed to help restore the vibratory characteristics of the vocal folds.