INTRODUCTION:
Voice rest is commonly recommended after phonosurgery to prevent worsening of vocal fold injuries, varies between 3 and 7 days. However, the most effective duration of voice rest is unknown. The purpose of this study is to examine the optimal duration of voice rest after phonosurgery.

METHODS:
Patients undergoing phonosurgery for leukoplakia, carcinoma in situ, vocal fold polyp, Reinke’s edema, and cyst were chosen. Participants were randomly assigned to voice rest for 3 or 7 postoperative days. Voice therapy was administered to both groups after voice rest. Grade, roughness, breathiness, asthenia, and strain (GRBAS) scale, stroboscopic examination and Voice Handicap Index-10 (VHI-10) were performed pre- and postoperatively at 1, 3, and 6 months. Stroboscopic examination evaluated normalized mucosal wave amplitude (NMWA). Parameters were compared between both groups.

RESULTS:
Thirty patients were analyzed (3-day group, n = 18; 7-day group, n = 12). Jitter, shimmer, and VHI-10 were significantly better in the 3-day group at 1 month post operation. GRBAS was significantly better in the 3-day group at 1 and 3 months post operation, and NMWA was significantly better in the 3-day group at 1, 3, and 6 months post operation compared to the 7-day group.

CONCLUSION:
The data suggest that 3 days of voice rest followed by voice therapy may lead to better wound healing of the vocal fold compared to 7 days of voice rest.