



the opportunity to practice them, whilst supporting you in developing your technique. You will be expected to continue practicing your exercises at home before your next appointment. Your therapist will advise on how often they should be completed.

### **How long will my first appointment last?**

Your first appointment will usually last an hour. As previously mentioned, sometimes it will be necessary to have two appointments to cover the items described under section 'what can I expect from my first appointment'.

### **What happens after my first appointment?**

This will be explained to you after your first appointment. If you are to have therapy, your therapist will book your next appointment. Subsequent appointments will usually last around 30 to 45 minutes.

### **When can I expect to see changes to my voice?**

This will vary depending on the type of voice problem you have, the causal and contributing factors and your commitment to following the advice and exercises given by your therapist.

Some people notice changes to their throat and / or voice after a few appointments but for others where altered voice production is well established, it is likely to take longer.

Your ability to commit to following the advice and exercises given by your therapist is very important and progress will not be seen unless you follow the instructions given. If you are finding any advice or exercises difficult to implement, it is important to let your therapist know, as they can often be adapted.

If you require any further information please contact the Speech and Language Therapy Department on Tel: 01472 875405 for Grimsby and 01724 290043 for Scunthorpe.

### **Any Comments, Compliments, Concerns or Complaints**

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

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