

# USC VOICE CENTER

## INCREASING HYDRATION

### Steaming:

Using steam to topically hydrate your mouth and throat is another method to increase hydration. Steam once to twice a day.

A. Bruce Medical makes a personal steamer that is small and portable. It uses a 16 oz bottle of water to produce steam. It has a dial to control the velocity of the steam. Some people like to use this steamer set on low flow and placed on their desk for all day hydration. Purchase at:  
<http://www.brucemedical.com/bowapehu.html>



B. There are many brands of facial steamers. You can find them on Amazon at local retailers like Walmart, Walgreens, CVS, and others. Put your face in the steamer and breathe through your mouth for maximum benefit.



C. Of course you can use the old fashion method of steaming by placing a pot on the stove heat until boiling. Turn off the stove and move the pot to a countertop carefully not to burn yourself. Then carefully place towel over your head and your face over the pot of water and breathe in the steam. Keep your head comfortably above the pot to not burn yourself and to allow you to enjoy the steam. Breathe through your mouth for maximum benefit to hydrate your mouth and throat.



USC Caruso Department of Otolaryngology  
Head and Neck Surgery  
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## Lozenges for Hydration

Sucking on hard candies can help hydration and soothe your throat. **Do not use cough drops.** They tend to dehydrate, especially those with menthol in them. Try using:

**Jolly Ranchers:** Are hard candies that are tart and make more saliva and the saliva is hydrating to your throat. There are sugar-free option also.



**Lakerol:** Lakerol are glycerin-based lozenges that are soothing to the throat. They are not drying. You will need to order them online. Amazon has the best deals. They are pricey but most people really find them soothing when they have high vocal demand. Purchase at: [www.amazon.com](http://www.amazon.com)



## Saliva Replacement

Some people due to autoimmune problems, medication, or post radiation suffer with loss of saliva and very dry oral cavity and throat tissues. In these cases, it is recommended that you try Biotene Products to increase saliva production and reduce dry mouth. Available at most drug stores, Target, and Walmart.



## Drinking water

The one question we are asked everyday is “How much water should I drink everyday?” The most current information is to drink between half an ounce and an ounce of water for each pound you weigh, every day. So, if you weigh 100 lbs, drink 50-100 ounces of water each day. If you live in a dry climate like LA, exercise, or take medication that is drying, drink at least your weight in water each day.



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