Total Laryngectomy Supply Kit

Electrolarynx

Here is information about your total laryngectomy supply kit. The supplies in this kit will help you care for yourself after surgery.

This supply kit includes:

Electrolarynx

- An electrolarynx is a small hand held device that can be used to help you talk after a total laryngectomy.
- The device is held on the outside of your neck or cheek. When you press a button on the device, it vibrates and makes a humming or buzzing sound.
- Vibration sounds go through your neck or cheek and into your mouth. You use your tongue, lips and teeth to shape sound into words.
- A plastic tube called an oral adapter can be attached to this device. The adapter looks like a straw and is placed on top of the device. The vibration travels through the tube and into your mouth.
- Your Speech Therapist will teach you how to use the electrolarynx after your surgery.

Shower Guard

- After surgery the way you breathe will change. You will be a “total neck breather” with a permanent hole (stoma) in your neck. When you breathe, air will go in and out of your lungs through the stoma in your neck.
- You need to protect the stoma when you are around water. A shower guard is a soft collar that goes around your neck to cover and protect the stoma when bathing, showering or shaving.
• The shower guard does not completely cover the stoma. You need to be very careful when you are around water. **Do not sit in a bathtub or go into a swimming pool or hot tub.** The shower guard will not protect the stoma opening or airway if your head and neck go under the water.

**Laryngotec Laryngectomy Tube**

A Laryngotec Laryngectomy tube is a clear flexible tube that you can wear in your stoma. This tube can be used to:

• Help keep your airway open for breathing. If it is hard to put the tube into your stoma, wear the tube more often to help keep your stoma from getting smaller.

• Hold a heat and moisture exchange (HME) filter cassette in place.

**Heat Moisture Exchange (HME) Filter Cassette**

• After total laryngectomy surgery, the air you breathe will no longer be warmed, moistened and filtered by the nose and throat.

• The HME cassette can be placed over your stoma to help filter the air to keep it warm and moist before it leaves your body.

• The HME cassette can help reduce mucus and coughing when used everyday for at least seven days. It can also improve shortness of breath.

• There is a 30-pack supply in your supply kit. One cassette should be worn daily for 24 hours and then throw it away. HME cassettes should not be washed or rinsed.

• Your Speech Therapist will teach you how to use the HME cassette and help you order supplies for home.