Total Laryngectomy Supply Kit

Electrolarynx

Here is information about your total laryngectomy supply kit. Use the supplies in this kit to care for yourself after your surgery.

Your 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 your stoma when you are around water. A shower guard is a soft collar that is worn around your neck to cover and protect your stoma when you bathe, shower, or shave.
• The shower guard does not completely cover your stoma. You need to be very careful when you are around water. **Do not take a bath, swim, or use a hot tub.** The shower guard will not protect your stoma 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 so you can breathe. 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 your surgery, the air you breathe will no longer be warmed, moistened and filtered by your nose and throat.

• The HME cassette can be put 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 you use it each day, for at least 7 days. It can also improve shortness of breath.

• There is a 30-pack supply of cassettes in your supply kit. Each cassette should only be worn one time for 24 hours. **Do not** wash or rinse the cassette.

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