Total Laryngectomy Supply Kit
Tracheoesophageal Puncture with Voice Prosthesis

A tracheoesophageal puncture (TEP) is a procedure done to make a small hole between your trachea (windpipe) and your esophagus (food pipe). Once your TEP heals, your doctor may have you use a voice prosthesis (VP). A VP is a small plastic tube put into your TEP hole to keep it open. Your speech therapist will teach you how to use and care for your voice prosthesis. Here is information about your supply kit after a total laryngectomy surgery with a TEP and VP placement.

Your supply kit includes:

Voice Prosthesis
- There are 2 voice prostheses in your kit. One may be placed during your surgery. The other may be used when your speech therapist changes your voice prosthesis for the first time.
- Each voice prosthesis comes with a cleaning kit that includes a brush and flushing device. Your speech therapist will show you how to clean your voice prosthesis.

Voice Prosthesis Plug
- A voice prosthesis may leak when you drink liquids. If this happens, the liquid goes through your prosthesis, into your stoma and down into your lungs.
- To prevent leaks, use the cleaning kit to clean your voice prosthesis.
- If the leaking continues even after you cleaned your voice prosthesis, use your voice prosthesis plug. A voice prosthesis plug can be used to help stop leaking until your voice prosthesis can be changed. Your speech therapist will show you how to use your voice prosthesis plug.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Shower Guard

- After your 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 the 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 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.