Total Laryngectomy Supply Kit
Tracheoesophageal Puncture with Voice Prosthesis

Here is information about your supply kit after a total laryngectomy surgery with a Tracheoesophageal Puncture (TEP) and Voice Prosthesis (VP) placement. The TEP is a procedure done to make a small hole between your trachea (windpipe) and esophagus (food pipe).

The VP is a small plastic tube put into the TEP hole to keep it open. Once the area heals and your doctor says it is okay to use the voice prosthesis, a speech therapist will teach you how to use and care for your voice prosthesis.

This supply kit includes:

Voice Prosthesis

- There are 2 voice prostheses in the kit. One may be placed during surgery and the other may be used when your voice prosthesis is changed for the first time. When needed, your speech therapist will change your voice prosthesis.
- 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. When this happens, the liquid goes through the prosthesis, into your stoma and down into your lungs.
- To help prevent the leaking, clean the voice prosthesis with your cleaning kit.
- If the leaking continues after cleaning the voice prosthesis, then a voice prosthesis plug can be used to help stop the leaking until the voice prosthesis can be changed.
• Your speech therapist will show you how to put the plug into your voice prosthesis.

**Shower Guard**
• After a total laryngectomy 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 your 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 keep the 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.