Laryngectomy Stoma Care

Laryngectomy stoma care is done to keep your stoma and your skin around it clean and dry. Stoma care also helps your stoma to heal and lowers your chance of infection. You should do your stoma care every morning, before you go to bed and as needed during the day.

Supplies

- Mirror
- Paper cup
- Cotton swabs (Q-tips)
- Water

Cleaning Steps

- Organize your supplies.
- Wash your hands with soap and warm water.
- Pour water into a paper cup.
- Dip one cotton swab into the water. Clean around your stoma and the area where you have stitches. Remove all the dry and crusted discharge that you find in this area.
- You may need to use several cotton swabs to completely clean your stoma.
- **Only use one cotton swab at a time.** After a cotton swab has been used, throw it away. **Do not re-use a cotton swab.**
- Look at your stoma. **Call your doctor if you see any redness or swelling.**
If you have a stoma vent, it is important to use a brush to clean your vent. **Do not** use the stoma brush to clean your actual stoma. The brush may cause harm to your stoma or the skin around it.

It is important to use stoma shields or covers to protect your stoma, especially when it is cold outside. This helps to keep dust, dirt, bugs and other objects out of your stoma. Stoma covers come in different styles and sizes. You may choose special cloth covers, foam filters or a lightweight scarf. Ask your speech therapist for information about these products.