Laryngectomy Stoma Care

Laryngectomy stoma care is done to keep your stoma and the skin around it clean and dry. Stoma care also helps the stoma 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.
- Pour water into a paper cup.
- Dip one cotton swab into the water. Clean around your stoma and the area where you have stiches. 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.**

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