Remember, when sneezing or coughing, a tissue should be held over the STOMA - not the mouth! Often a ‘two-handed’ cough can be effective - one hand (with tissue) over the stoma and the other over the mouth. This makes for a more normal appearance.

Most of the items mentioned in this pamphlet will be available from the Head & Neck ward at the hospital. However, if you encounter difficulties, NALC may be able to help you. Help and advice on stoma care are always available from your Head & Neck department. Do not hesitate to ask questions which bother you.

Useful Addresses
Stoma Covers, Patterns and General Information
The National Association of Laryngectome Clubs
Lower Ground Floor
152 Buckingham Palace Road
London SW1W 9TR
Tel: 020 7730 8585
Fax: 020 7730 8584
info@laryngectomy.org.uk
www.laryngectomy.org.uk

Trache-Naze, Buchanen, Laryngeofoam, Romet, Velcro Holders, Tracheostomy Cleaning Brushes, Bristle Brushes, Atomisers and Shower Shields
Kapitex Healthcare Ltd
Kapitex House, 1 Sandbeck Way
Wetherby, West Yorkshire LS22 4GH
Tel: 01937 586271

Provox Stoma Filter and Shower Aid
Platon Medical Ltd
PO Box 2568
Eastbourne
East Sussex BN21 3HZ
Tel: 01233 439890

Blom-Singer Humidifier System, Foam Stoma Protectors, Cloth Stoma Protectors, Laryngectomy Tubes, Shower Guard and Collar
Forth Medical Ltd
Forth House, 42 Kingfisher Court
Hambidge Road
Newbury
Berks RG14 5SJ
Tel: 01635 550100

Nebulisers and Suction Machines
Please contact NALC Head Office
020 7730 8585

Softshield, Shower Shields
Insight Medical Products
Unit 1, Silk Mill Studios
2 Charlton Road
Tetbury
Gloucestershire GL8 8DY
Tel: 01666 500055

September 2012 - Version 2 - Review 2014

The National Association of Laryngectomey Clubs
A Guide for the laryngectomee and family
Laryngectomy Stoma Care
Cleaning the Stoma

This should be done at least once a day, but at first it may be necessary to do this more frequently.

Requirements
It is important to have good light and a clean minor in order to see clearly when cleaning the stoma, as well as clean hands.

Cleaning Solutions
Freshly boiled and cooled water

OR
Salt solution - i.e. one tsp. salt to a mug of freshly boiled and cooled water

OR
Silver tube

OR
Kapitex.

Individual Preferences
Crocheted Covers
There are a variety of patterns available for people who wish to make their own.

Cranes
Some laryngectomees like using cranats or scarfs which are lighter in weight and less conspicuous.

Cloth Stoma Protectors
They come in eight colours, a discreet and comfortable way to cover the stoma for men and women. They look like a shirt and sit easily under other layers of clothing.

Showers Shields
Various types available. See useful addresses.

Types of Tube
Plastic tube - Shiley tubes and Tissue-Text Silver tube - Chevalier Jackson - Kapitex

Cleaning
The two tubes can be washed under the tap, soaked in a sodium bicarbonate solution or disinfected in Anisepptic Solution. A bristle brush or pipe cleaner may be necessary to remove difficult crusts. Brushes are available on prescription.

Stoma Protectors
These are used:
To warm and filter the air before it passes directly into the lungs.
To prevent secretions from staining clothes.
To provide a covering which is more acceptable to the general public and which may make you feel less self-conscious.

Clothing
Romet
This turtleneck cover comes in 10 colours, in pure cotton and fakeness with Velcro behind the neck. Laryngectomees find these particularly attractive when worn over opened shirt or tunic. They are fully washable and last for a long time - although they are not available on prescription.

Buchanan Protector
These are available, free of charge, on prescription in two sizes, packs of 10, one month's supply.

Delta-Nex Protectors
Similar to Buchanan Protectors, but using Velcro, some laryngectomees find these easier to put on.

Laryngofoam
These small foam straps are adhesive and should only be used once and thrown away. Boxes of 30 squares are provided (i.e. approximately one monthly supply) on prescription. Available in Flesh and White, free of charge on prescription.

Hirst Bib
They are available in packs of 10, free of charge, on prescription.

Softsafety Laryngectomy Protectors
They are available on prescription in two sizes and three colours white, blue and beige.

Any of the above may be used to clean the stoma.

Airway Protection

Trach-Naze
This system has been designed to replace all of the functions of the nasal airway. It provides Heat, Moisture to the tachea, as well as lifting the air from dust and bacteria. It helps to reduce mucus and the problems associated with dry unfiltered air as it also increases oxygenation during breathing - allowing the easier to feel filter and sleep better. It is doable to do this by providing the necessary internal airway pressures for efficient respiration. It can be worn with a voice prosthesis and is held on the neck by a baseplate. Available on prescription.

PROVIX Stomafilter
The PROVIX Stomafilter heat and Moisturer Exchanger (HME), which is held on the neck by a baseplate, is intended to facilitate quality of breathing and speech with easy application by persons who have undergone a total laryngectomy. The PROVIX Stomafilter is suitable for those with or without a voice prosthesis. Available on prescription.

Blom-Singer Humidifier System
Allows a laryngectomee to secure advantages previously provided by breathing through the nose. By using the Humidifier System, a large percentage of the moisture in each breath, along with its retained heat, is conserved and returned to the bronchi and lungs, helping to reduce coughing, dryness and mucus secretions. All patients, regardless of method of voice restoration, may use the Blom-Singer Humidifier System.

Stoma Tubes
The trend nowadays is to do without a stoma tube.

However, if one is used it is important that the tube is kept clean and changed according to the hospital's instructions. Often the tracheostomy tube is only used for the first few months until the stoma is well formed and you are confident in stoma management. However, if the stoma tends to shrink, your doctor may recommend that the tube stays in place.

Types of Tube
Plastic tube - Shiley tubes and Tissue-Text Silver tube - Chevalier Jackson

Stoma Stud
Kapitex
These tubes are held in position with linen tape. You can also get Velcro tracheostomy holders from Kapitex which are easier to secure if you find tapes difficult. The tubes and studs come in different sizes. The correct size will be selected for the laryngectomee by the ENT department.

Cleaning
The two tubes can be washed under the tap, soaked in a sodium bicarbonate solution or disinfected in Anisepptic Solution. A bristle brush or pipe cleaner may be necessary to remove difficult crusts. Brushes are available on prescription.

Stoma Protectors
These are used:
To warm and filter the air before it passes directly into the lungs.
To prevent secretions from staining clothes.
To provide a covering which is more acceptable to the general public and which may make you feel less self-conscious.

Blom-Singer Foam Stoma Protectors
These protectors come with an adhesive strip on one edge for easy attachment and attach to the stoma. Available in a pack of 60 or in two four foot strips for customization.

Buchanan Protector
These are available, free of charge, on prescription in two sizes, packs of 10, one month's supply.

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Individual Preferences
Crocheted Covers
There are a variety of patterns available for people who wish to make their own.

Cranes
Some laryngectomees like using cranats or scarfs which are lighter in weight and less conspicuous.

Cloth Stoma Protectors
They come in eight colours, a discreet and comfortable way to cover the stoma for men and women. They look like a shirt and sit easily under other layers of clothing.

Showers Shields
Various types available. See useful addresses.

Remember
The Buchanan Laryngofoam, Delta-Nex, Hirst protectors and Softsafety are on prescription from your GP (see also Useful Addresses). Romet stoma covers are available from Kapitex. Patterns for knitted/support or crochet stoma covers may be obtained from NALC (see address).

The second button down from the collar of the blouse or shirt can be cut off and sewn on top of the buttonhole. This gives a normal appearance to the shirt, but gives quick ACCESS to the neck opening to snip away mucus after a cough or sneeze.

Introduction
After laryngectomy (i.e. removal of the voice box) the top of the trachea, or windpipe, is seen to an opening in the neck. The opening or hole is called a STOMA. It is a permanent opening and will NOT close over, occasionally it shrinks in size. It is vital that you monitor the size so that it doesn't get too small. You breathe through the stoma. At first you will have a lot of mucus from your stoma until it settles down after the operation. If you have any radiation therapy, it can make the mucus much worse for a few weeks. This will settle down after a few months.

It is vital that you keep the stoma clear and free from crusts.

Cleaning the Stoma

Any thing that touches the area should be clean - including your fingers!

This should be done at least once a day, but at first it may be necessary to do this more frequently.

Requirements
It is important to have good light and a clean minor in order to see clearly when cleaning the stoma, as well as clean hands.

Cleaning Solutions
Freshly boiled and cooled water

OR
Salt solution - i.e. one tsp. salt to a mug of freshly boiled and cooled water

OR
Silver tube

OR
Kapitex.

Individual Preferences
Crocheted Covers
There are a variety of patterns available for people who wish to make their own.

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Cleaning the Stoma
This should be done at least once a day, but at first it may be necessary to do this more frequently.

Requirements
It is important to have good light and a clean minor in order to see clearly when cleaning the stoma, as well as clean hands.

Cleaning Solutions
Freshly boiled and cooled water
OR
Saline solution - i.e. one tsp. salt to a mug of water
OR
Freshly boiled and cooled water
OR
Plastic spray bottles can be used to moisten the stoma.

Excessive Crusting
The following tips may help:
- Fill a sink or large bowl with boiling water and then lean forward and inhale the steam.
- A soak in a steamy bath may be beneficial.
- Care must be taken that water does not reach the stoma.

Humidification
- A nebuliser machine can be obtained from hospitals or district nurses. A doctor will show you how to do this.
- A nebuliser can be obtained from the hospital or district nurses - this produces a fine mist for you to breathe in.
- ProVox Stomafilter System
- The ProVox Stomafilter Heat and Moisture Exchanger (HME), which is held on the neck by a baseplate, is intended to facilitate quality of breathing and speech with easy application by persons who have undergone a total laryngectomy. The ProVox Stomafilter is suitable for those with or without a voice prosthesis. Available on prescription.

Airway Protection
Tracheo-Nose
This system has been designed to replace all the functions of the nasal airway. It provides Heat, Moisture to the trachea, as well as filtering the air from dust and bacteria. It helps to reduce mucus and the problems associated with dry unfiltered air as it also increases oxygenation during breathing – allowing the easier to feel filter and sleep better. It is able to do this by providing the necessary internal airway pressures for efficient respiration. It can be worn with a voice prosthesis and is held on the neck by a baseplate. Available on prescription.

PROVox Stomafilter
The PROVox Stomafilter Heat and Moisture Exchanger (HME), which is held on the neck by a baseplate, is intended to facilitate quality of breathing and speech with easy application by persons who have undergone a total laryngectomy. The PROVox Stomafilter is suitable for those with or without a voice prosthesis. Available on prescription.

Blom-Singer Humid/Filtration System
Allows a laryngectomy to recieve advantages previously provided by breathing through the nose. By using the Blom-Singer System, a large percentage of the moisture in each breath, along with its retained heat, is conserved and returned to the bronchi and lungs, helping to reduce coughing, dryness and mucus secretions. All patients, regardless of method of voice restoration, may use the Blom-Singer Humid/Filtration System.

Stoma Tubes
The trend nowdays is to do without a stoma tube. However, if one is used it is important that the tube is kept clean and changed according to the hospital’s instructions. Often the tracheostomy tube is only used for the first few months until the stoma is well-formed and you are confident in stoma management. However, if the stoma tends to shrink, your doctor may recommend that the tube stays in place. Types of Tube
- Plastic tube - Shiley tubes and Tracheo-Twist
- Silver tube - Chevalier Jackson

Cleaning
The two tubes can be washed under the tap, soaked in a sodium bicarbonate solution or disinfected in Antiseptic Solution. A briistle brush or pipe cleaner may be necessary to remove dirt from crusts. Brushes are available on prescription.

Stoma Protectors
These are used:
- To warm and filter the air before it passes directly into the lungs.
- To prevent secretions from staining clothes.
- To provide a covering which is more acceptable to the general public; and may make you feel less self-conscious.

Individual Preferences
Crotchet Covers
There are a variety of patterns available for people who wish to make their own.

Cranets
Similar laryngectomy covers using cloths or scarfs which are lighter in weight and less conspicuous.

Cloth Stoma Protectors
They come in eight colours, a discreet and comfortable way to cover the stoma for men and women. They look like a shirt and slip easily under other layers of clothing.

Showers Shields
Various types available. See useful addresses.

Clothing
Romet
This turtleneck cover comes in 10 colours, in pure cotton and features with Velcro behind the neck. Laryngectomists find these particularly attractive when worn under open-necked shirt or blouses. They are fully washable and last for a long time - although they are not available on prescription.

Blom-Singer Foam Stoma Protectors
These protectors come with an adhesive strip on one edge for easy attachment and accordance to the stoma. Available in a pack of 60 or in two four foot strips for customising.

Buchanan Protector
These are available, free of charge, on prescription in two sizes, packs of 10, one month supply

Delta-Neck Protectors
Similar to Buchanan Protectors, but using Velcro, some laryngectomists find these easier to put on.

Laryngofoam
These small foam s are adhesive and should only be used once and throwen away. Boxes of 30 squares are provided (i.e. approximately one month supply) on prescription. Available in Flesh and White, free of charge on prescription.

Hirst Bib
These are available in packs of 10, free of charge, on prescription.

Softshield Laryngectomy Protectors
These are available on prescription in two sizes and three colours white, blue and beige.

Buchanan Protector
These are available, free of charge, on prescription in two sizes, packs of 10, one month supply

Delta-Neck Protectors
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- Plastic tube - Shiley tubes and Tracheo-Twist
- Silver tube - Chevalier Jackson

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Showers Shields
Various types available. See useful addresses.

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Cleaning the Stoma

It is important to have good light and a clean mirror in order to see clearly when cleaning the stoma, as well as clean hands.

Cleaning Solutions

Freshly boiled and cooled water

OR

SALINE solution - i.e. one part salt to a mug of freshly boiled and cooled water

OR

Sodium Bicarbonate - one part sodium bicarbonate to a mug of water.

Other solutions from your local Head & Neck Department.

Cleaning the Stoma

This should be done at least once a day, but at first it may be necessary to do this more frequently.

Requirements

ANY of the above may be used to clean the stoma.

Do not use sharp instruments or probe down the stoma too deeply. Cotton wool buds with any of the above cleaning solutions are perfectly adequate.

Humidification

If the stoma is kept moist, it is easier to keep free of crusts and to remove those which might form.

Plastic spray bottles can be used to moisten the stoma.

Excessive Crusting

The following tips may help:

- Fill a sink or large bowl with boiling water and then lean forward and inhale the steam.
- A soak in a steamy bath may be beneficial; which might form.

Airway Protection

Trach-Naze

This system has been designed to replace all the functions of the nasal airway. It provides Heat, Moisture to the trachea, as well as clearing the air from dust and bacteria. It helps to reduce mucus and the problems associated with dry and unfiltered air. It also increases oxygenation during breathing – allowing the wearer to feel filter and sleep better. It is able to do this by providing the necessary internal airway pressures for efficient respiration. It can be worn with a voice prosthesis and is held on the neck by a baseplate. Available on prescription.

PROVIX StomaFilter

The PROVIX StomaFilter Heat and Moisture Exchanger (HME), which is held on the neck by a baseplate, is intended to facilitate quality of breathing and speech with easy application by persons who have undergone a total laryngectomy. The PROVIX StomaFilter is suitable for those with or without a voice prosthesis. Available on prescription.

Blom-Singer Humidifier/Filter System

Ablows a laryngectomy to receive advantages previously provided by breathing through the nose. By using the Humidifier/Filter System, a large percentage of the moisture in each breath, along with its retained heat, is conserved and returned to the bronchi and lungs, helping to reduce coughing, dryness, and mucous secretions. All patients, regardless of method of voice restoration, may use the Blom-Singer Humidifier/Filter System.

Stoma Tubes

The trend nowadays is to do without a stoma tube.

However, if one is used it is important that the tube is kept clean and changed according to the hospital’s instructions. Often the tracheostomy tube is only used for the first few months until the stoma is well formed and you are confident in stoma management. However, if the stoma tends to shrink, your doctor may recommend that the tube stays in place.

Types of Tube

Plastic tube - Shiley tubes and Tricec-Twist.

Silver tube - Chevallier Jackson.

Stoma Stud - Kapitex.

These tubes are held in position with film tape. You can also get Velcro tracheostomy holders from Kapitex which are easier to secure if you find tapes difficult. The tubes and studs come in different sizes. The correct size will be selected for the laryngectomy by the ENT department.

Cleaning

The two tubes can be washed under the tap, soaked in a sodium bicarbonate solution or disinfectant in Antiseptic Solution. A bristle brush or pipe cleaner may be necessary to remove difficult crusts. Brushes are available on prescription.

Stoma Protectors

These are used:

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Buchanan Protector

These are available, free of charge, on prescription, in two sizes, packs of 10, one month supply.

Delta-Nex Protectors

Similar to Buchanan Protectors, but using Velcro, some laryngectomists find these easier to put on.

Laryngofoam

These small foam squares are adhesive and should only be used once and thrown away. Boxes of 30 squares are provided (i.e. approximately one month’s supply) on prescription. Available in Fresh and Whites, free of charge on prescription.

Hirst Bib

They are available in packs of 10, free of charge, on prescription.

Softshield Laryngectomy Protectors

These are available on prescription in two sizes and three colours; white, blue and beige.

Clothing

Romet

This bibtype neck cover comes in 10 colours, in pure cotton and fleece with Velcro behind the neck. Laryngectomists find these particularly attractive when worn over opened necked shirt or blouses. They are fully washable and last for a long time - although they are not available on prescription.

Blom-Singer Foam Stoma Protectors

These protectors come with an adhesive strip on the side edge for easy attachment and access to the stoma. Available in a pack of 60 or in two/ four foot strips for customising.

Individual Preferences

Crocheted Covers

There are a variety of patterns available for people who wish to make their own.

Cravats

Some laryngectomists like using cravats or scarfs which are lighter in weight and less conspicuous.

Cloth Stoma Protectors

They come in eight colours, a discreet and comfortable way to cover the stoma for men and women. They look like a shirt and tie easily under other layers of clothing.

Shower Shields

Various types available. See useful addresses.

Remember

The Buchanan, Laryngofoam, Delta-Nex, Hirst protectors and Softshields are on prescription from your GP (see also Useful Addresses). Romet stoma covers are available from Kapitex. Patterns for knitted, sewn or crochet stoma covers may be obtained from NALEC (see address).

The second button down from the collar of the blouse or shirt can be cut off and sewn on top of the buttonhole. This gives a normal appearance to the shirt, but gives quick access to the neck opening for easy removal of mucus after a cough or sneeze.

Introduction

After laryngectomy (i.e. removal of the voice box) the top of the trachea, or windpipe, is seen to an opening in the neck. The opening or hole is called a STOMA. It is a permanent opening and will not close over, occasionally it shrinks in size. It is vital that you monitor the size so that it doesn’t get too small. You breathe through the stoma. At first you will have a lot of mucus from your stoma until it settles down after the operation. If you have any radiotherapy after a few months.

It is vital that you keep the stoma clear and free from crusts. Anything that touches the area should be clean - including your fingers!

It is important to have good light and a clean minor in order to see clearly when cleaning the stoma, as well as clean hands.

Cleaning Solutions

Freshly boiled and cooled water

OR

SALINE solution - i.e. one part salt to a mug of freshly boiled and cooled water

OR

Sodium Bicarbonate - one part sodium bicarbonate to a mug of water.

Other solutions from your local Head & Neck Department.
Remember, when sneezing or coughing, a tissue should be held over the stoma - not the mouth! Often a ‘two-handed’ cough can be effective - one hand (with tissue) over the stoma and the other over the mouth. This makes for a more normal appearance.

Most of the items mentioned in this pamphlet will be available from the Head & Neck ward at the hospital. However, if you encounter difficulties, NALEC may be able to help you. Help and advice on stoma care are always available from your Head & Neck department. Do not hesitate to ask questions which bother you.

Useful Addresses

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info@laryngectomy.org.uk
www.laryngectomy.org.uk

Trachea/Neze, Buchanen, Laryngofoam, Romet, Vekero Holders, Tracheostomy Cleaning Brushes, Bristle Brushes, Atomisers and Shower Shields
Kapitex Healthcare Ltd
Kapitex House, 1 Sandbeck Way
Wetherby, West Yorkshire LS22 4SH
Tel: 01937 880271

Provox Stoma Filter and Shower Aid
Platon Medical Ltd
PO Box 2568
Eastbourne
East Sussex BN21 3HZ
Tel: 0203 4819901

Blom-Singer Humidifier System, Foam Stoma Protectors, Cloth Stoma Protectors, Laryngectomy Tubes, Shower Guard and Collar
Forth Medical Ltd
Forth House, 42 Kingfisher Court
Hambishire Road
Newbury
Berks RG14 5JF
Tel: 01635 550000

Nebulisers and Suction Machines
Please contact NALEC Head Office
020 7730 8585

Softshield, Shower Shields
Insight Medical Products
Unit 1.4, Silk Mill Studios
2 Charlton Road
Tetbury
Gloucestershire GL8 8DY
Tel: 01666 500 055

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