

To my healthcare providers: I had a total laryngectomy

With a voice prosthesis

My name: _____

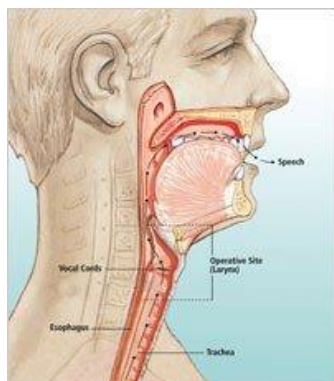
My date of birth: _____

My personal health number (PHN): _____

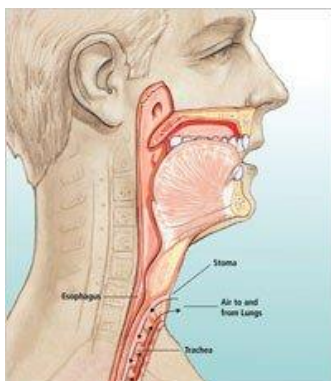
My ear, nose, and throat surgeon: _____

My airway

I had surgery to remove my larynx. My trachea now leads to a permanent opening (stoma) in my neck.



Before surgery



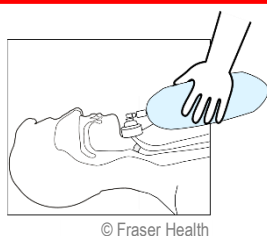
After surgery

Images courtesy of InHealth Technologies

This means my mouth and nose no longer connect to my lungs.

I am a **total neck breather**.

If I need extra oxygen, ventilating, or intubating, it **must** go through the stoma in my neck. It **must not** go through my mouth and nose.



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Tracheostomy tubes

My stoma is permanent. I do not need a tracheostomy tube to keep my airway open after surgery.

Speaking

I speak differently from the way I spoke before surgery because my vocal cords were removed with my larynx.

A voice prosthesis sits in my tracheoesophageal puncture (opening between my trachea and esophagus). This small silicone device with a one-way valve helps me speak.

To speak, I cover my stoma. This means when I exhale, air passes through the voice prosthesis to my mouth. The air vibrates the tissues in the base of my throat and makes sounds that I shape into words.

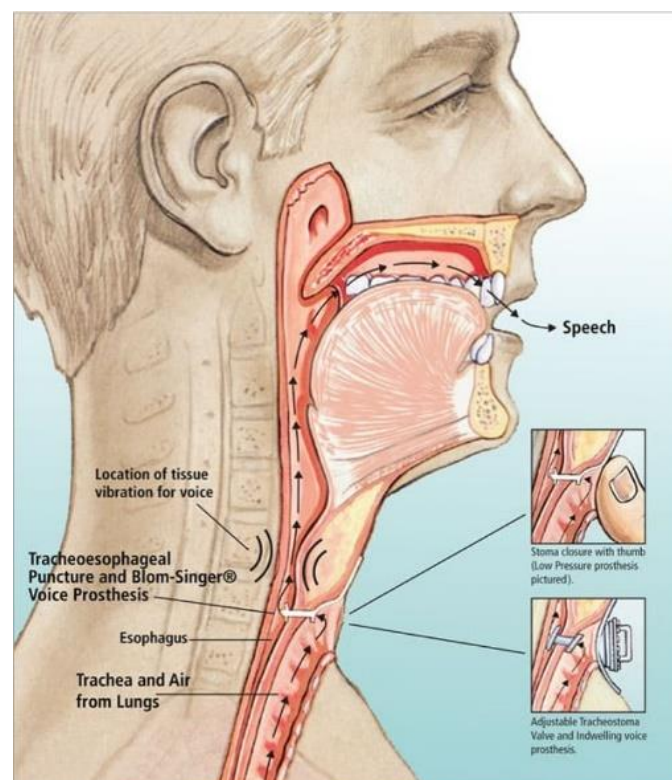


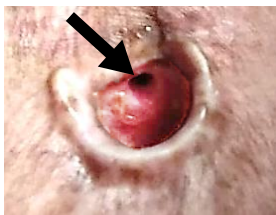
Image courtesy of InHealth Technologies

I had a total laryngectomy with a voice prosthesis - continued

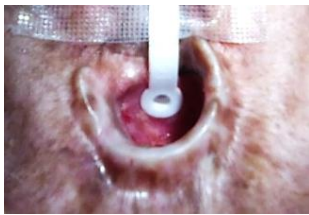
Voice prosthesis

A voice prosthesis helps me speak and does the following:

- Keeps the tracheoesophageal puncture open.
- Prevents me from aspirating saliva, food, and drinks from my esophagus into my trachea.



Tracheoesophageal puncture seen within stoma



Voice prosthesis in tracheoesophageal puncture

Images © Fraser Health

My voice prosthesis can fall out by accident. Be aware this can happen during activities such as cleaning, intubating, and extubating.

If my voice prosthesis falls out:

- Insert a red rubber catheter into the tracheoesophageal puncture. This prevents aspiration and keeps the puncture open.
- Choose a catheter that is the same size or slightly smaller than my voice prosthesis. Diameter of my voice prosthesis: _____Fr



Stoma with red rubber catheter

Image © Fraser Health

To learn more, see Clinical Skills on Fraser Health Pulse. Find *Total Laryngectomy: Management of Voice Prosthesis Dislodgement*.

Caring for my stoma and voice prosthesis

To protect my stoma, I usually wear:	<input type="checkbox"/> LaryTube and heat moisture exchanger <input type="checkbox"/> LaryButton and heat moisture exchanger <input type="checkbox"/> Adhesive baseplate and heat moisture exchanger <input type="checkbox"/> Foam or cloth stoma cover <input type="checkbox"/> Nothing — I leave my stoma uncovered.
To care for my stoma and voice prosthesis, I usually:	<input type="checkbox"/> Manage it myself. <input type="checkbox"/> Need some help. <input type="checkbox"/> Need someone to do it for me.

To learn more, see Clinical Skills on Fraser Health Pulse. Find *Total Laryngectomy: Stoma Care and Voice Prosthesis Cleaning*.

For more information

Speak with the hospital Speech-Language Pathologist (SLP). They can help the healthcare team understand my care needs, such as how to clean my stoma and care for my voice prosthesis.

Note: I see the SLPs at Surrey Memorial Hospital. They have the additional training needed to help patients who had a total laryngectomy.

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