

To my healthcare providers: I had a total laryngectomy

Without a voice prosthesis

My name: _____

My date of birth: _____

My personal health number (PHN): _____

My ear, nose, and throat surgeon: _____

Communicating

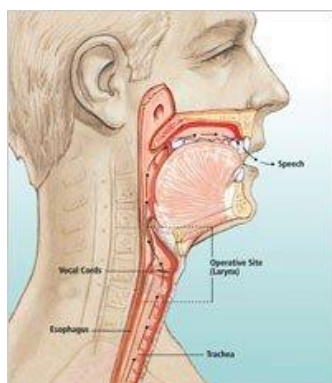
I speak differently from the way I spoke before surgery because my vocal cords were removed with my larynx.

How I usually communicate:

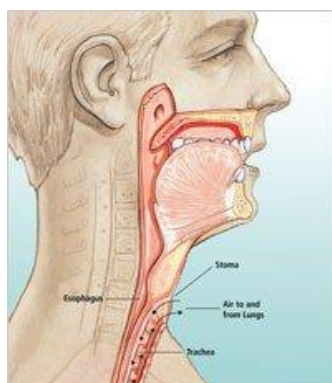
- ☐ Mouthing words
- ☐ Writing
- ☐ Esophageal speech
- ☐ Text-to-speech
- ☐ Electrolarynx (see image below)

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.

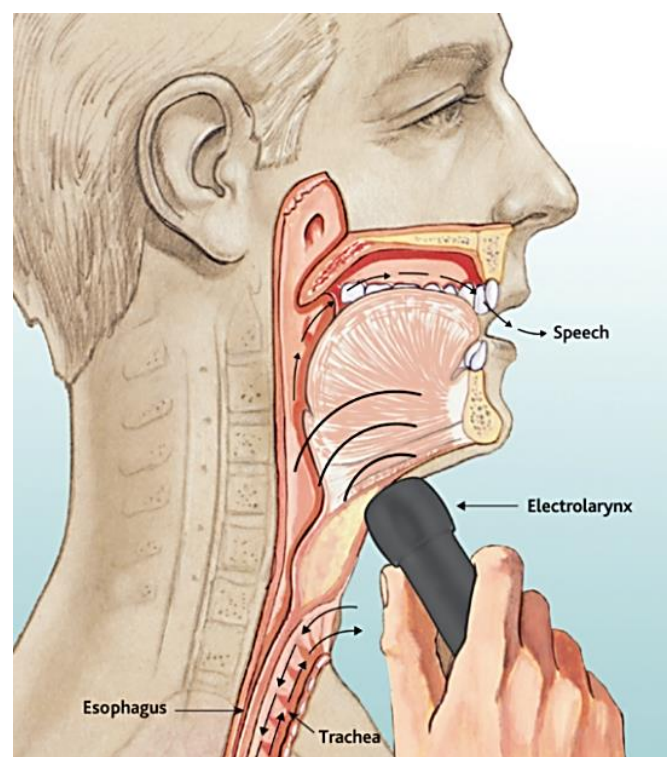
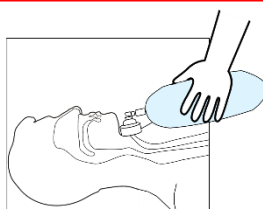


Image courtesy of InHealth Technologies.

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.

I had a total laryngectomy **without** a voice prosthesis - *continued*

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, 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 use heat moisture exchangers and care for my stoma.

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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Cell: 236-332-9194