

Care of Your Tracheostoma Speaking Valve

Supplies you will need:

- alcohol swabs
- valve and valve housing
- housing tape disc
- adhesive
- adhesive remover called Remove[®] **or**
- soapy water and a wash cloth

Steps to attach the valve:

1. Wash your hands well to remove any oil from your fingers.
2. Clean the area around your stoma well with an alcohol swab.
3. Apply liquid adhesive around your stoma. Avoid inhaling the adhesive. If your voice prosthesis has a strap, put adhesive behind and on top of the strap.
4. Let the adhesive dry for at least 3 to 4 minutes.
5. While waiting for the adhesive to dry, place a tape disc on the housing.
6. Pull the backing paper off one side of the tape disc and place the housing on top of the tape.
7. Flatten the housing disc surface to prevent air bubbles.
8. When the adhesive is dry, remove the paper backing on the other side of the tape disc.
9. Mount the housing 1 to 2 mm below the lower edge of your stoma. This allows space for mucus to collect.

Cleaning the valve housing:

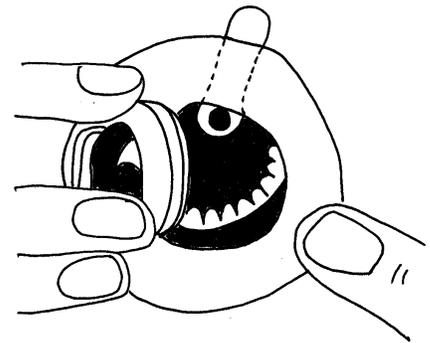
1. Remove the housing tape disc from your skin.
2. Remove any adhesive left on your skin with adhesive remover or soapy water.
3. Clean the valve housing with adhesive remover or soak it overnight in water and rub the adhesive off under warm water in the morning.

Cleaning the valve:

1. Soak the valve in warm water for 2 to 3 minutes.
2. Use a cotton tip applicator to remove mucus.
 - ✘ Do not use detergents or chemicals.

Helpful Hints:

- Never sleep with the valve on as mucus can collect in the valve and block your airway.
- If you have a voice prosthesis strap it may need to be shortened $\frac{1}{4}$ " to allow the valve housing to close over it and prevent air leakage during speech.
- You can take the valve off at any time. Move it sideways, gently bending upward while holding down the valve housing against the skin with a finger. This prevents the housing's adhesive tape from coming off the skin.



✘ Do not grab the valve by the bar as it can break off easily.