

❑ Cleaning:

The inner and outer tubes may be removed for cleaning.

1. Untie the tapes around your neck.
2. Remove the whole laryngectomy tube.
3. Separate the laryngectomy tube into 2 parts – inner and outer tubes.
4. Clean each part of the tube, using a small brush.
5. Use soap and water for cleaning. Hydrogen peroxide is good for cleaning crusts and thick mucous. Rinse with clean water.
6. Shake off any extra water from each part of the tube.
7. Insert the obturator in the outer tube.
8. Lubricate the tip with water-soluble jelly.
9. Breathe deeply, hold your breath, and then insert the tube into the stoma. Do not tilt your head back as your stoma will narrow.
10. Hold on to the faceplate and remove the obturator right away. You cannot breathe when the obturator is in place.
11. Tie the tapes securely at the back of your neck.
12. Insert the inner tube. Secure the catch.



How to Look After Your Laryngectomy Tube



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What is a laryngectomy tube?

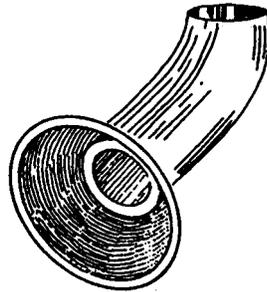
A laryngectomy tube is a hollow tube made of metal or plastic. It is put into the breathing tube in your neck called the trachea so you can breathe. It is put in during surgery. The hole is called a stoma.

Use your laryngectomy tube:

- all of the time at night only
 other: _____

Care of the Stoma Button

Your stoma button is a short, soft tube used to help keep your stoma open. It should be removed and cleaned every day and when needed.



- Clean with a soft brush and warm water.
- Rinse well and shake off extra water.
- If you have trouble getting the button in, fold the button into quarters between your thumb and fingers. Put it in the stoma and let go. It will open up to fit in the opening. The rim of the button will be outside at your neck.

You may have a laryngectomy with 3 parts:

Outer tube or cannula

The outer tube holds the stoma open. It has ties to hold it in place.



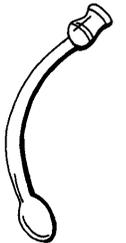
Inner tube or cannula

The inner tube fits into the outer tube. It is removed for cleaning. It has a safety catch to keep it from falling out.



Obturator

The obturator fits inside the outer tube. It provides a smooth surface to insert the laryngectomy tube.



Remember:

Take the obturator with you when visiting doctors, health care providers, clinics and hospitals.

Clean the laryngectomy tube:
