

How you can help a loved one before and after a laryngectomy

1. Before the surgery, record your loved one's voice.
2. Contact your local emergency medical service (EMS) and/or fire department. Inform them that a laryngectomee is a TOTAL NECK BREATHER **and:**
 - He/She ONLY breathes through an opening in their neck called a stoma.
 - Their voice box was removed and they may have trouble speaking.
 - If needed, oxygen and/or resuscitation can only be provided through the stoma—NOT THROUGH THE MOUTH AND/OR NOSE!
 - Communicate any other important medical information.
 - Refer them to rescue breathing resources on the bottom of page two of this sheet.
3. Find a way to communicate before coming home from the hospital, such as:
 - gestures
 - speech menu
 - electrolarynx (EL)
 - lip reading
 - writing
 - smart phone application
4. If an EL is being used, be patient. It takes time and practice to use an EL well. It will also take practice for you to understand the EL user. Some things that you can do to help train your ear are the following:
 - Pick a category (days of the week, months, colors, animals, places, etc.). Have your loved one say an item in the category using the electrolarynx, then, try to guess what he/she said.
 - Practice this until you can understand about 75-80% of what he/she said.
 - Encourage your loved one to use the EL as much as possible.
 - See "Topic 9: Basic training – Electrolarynx (EL)" CareTips sheet for more training tips on using the EL.
5. If your loved one uses a smartphone, tablet and/or computer, the following programs speak what you type and are available for various platforms (iPad, iPhone, etc.):
 - "Speak It!" Text to Speech
 - "Verbally"
 - "GoTalk Now"
 - "Predictable"
6. Set up your "in case of emergency" (ICE) contact information on your loved one's cellphone.
7. Purchase a medical alert bracelet with "Total Neck Breather" engraved on it. You can also include other important medical information (for example: high

Yellow Dot Program: Check with your local EMS to see if they participate in this free program. It is designed to help provide medical information to first responders during a traffic emergency.

blood pressure, diabetes, etc.) Carry a medical emergency card on your person. Atos Medical offers complimentary alert bracelets and emergency cards upon request.

8. Call your medical insurance company to ask the following questions:
 - What are your durable medical equipment (DME) benefits?
 - Who are the approved DME providers in your area? These are suppliers that can bill your insurance for medical supplies like heat and moisture exchangers (HMEs), saline solution, suction catheters and baseplates.
 - Will they cover medical supplies from out-of-network DME companies?
9. If your clinician and/or physician tells you that you will need to order special supplies after the surgery, call the supplier and set up an account ahead of time. This will make the shipping process faster when you are ready to order.
10. A laryngectomee needs to protect their stoma from water. While showering, a Provox® ShowerAid™ should be worn to prevent water from going into the stoma.
11. Have your clinician, nurse and/or physician tell you if there is a local support group in your area. These groups can be very helpful as they typically have guest speakers talk about various topics that can help you and your loved one's quality of life. Atos Medical offers many local Community Events, Getting Back to Life Events and other support events for patients and caregivers.

Atos Medical resources

The following complimentary resources, local events listing and more are available on our website [atosmedical.us](https://www.atosmedical.us).

- Neck Breather Alert Bracelet
- Emergency Rescue Breathing Card
- Medical Alert Window Cling
- "Rescue Breathing for Laryngectomees and Other Neck Breathers" by Dr. Itzhak Brook, MD, MSc
- Educational Video: Rescue Breathing for Laryngectomees

Other complimentary services from Atos Medical include: Insurance/Reimbursement Team, bilingual support, educational and support events.

Other items you may need upon discharge:

- Dry-erase board, LCD eWriter, pad of paper
- Lint-free facial tissues and/or 4x4 gauze pads
- Aquaphor® Healing Ointment for dry, irritated skin
- Saline
- Long-handled cotton swabs
- Compact mirror
- Flashlight

Consult your clinician for additional items:
