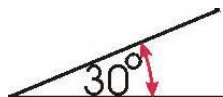


## Discharge Instructions for Laryngectomy

When you are ready to be discharged, we want to assure you that you are healthy enough to go home. These instructions will help prepare you to care for yourself at home.

### Activity/Rest



Keep your head elevated at least 30 degrees, even while asleep.

### Bathing/Stoma and Skin Care

- Keep your stoma\* clean of dirt and debris. Swab as needed with gauze and normal saline. Use a mirror and flashlight to look in the stoma. \* Stoma is the opening created during your operation.
- If you shower, protect your stoma with a washcloth or stoma shield. (Showering can also add extra humidity for your trach.)
- Wash the skin around your stoma with mild soap and water and then wipe the area dry.
- Use a stoma bib, which will protect your stoma, help keep dust and dirt out of your airways, and warm and moisten the air when you inhale (breath in).
- If your skin is not kept clean and free of secretions, it is likely to become dry and irritated.

### Suctioning

- Keep your suction machine and supplies with you at all times.
- Suction as needed. Allow yourself time to recover between suction.

### Supplies

- Always keep enough supplies on hand. Call for replacement supplies before you run out.
- Use a humidifier as needed. It adds moisture to the air and may help your breathing, especially at night.

### Questions

- If you have questions about your surgery or postop care, call **716-845-8355** (7 East). The Head and Neck Center can be reached at **716-845-8186**, Monday – Friday 8am-5pm.
- If you have other medical questions, call your primary care doctor.

### If you have an urgent or emergency need...

- **Urgent symptoms: You can reach Roswell Park 24/7 at 716-845-2300.** If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7. You need to be referred to the ATC by a provider; it is not a walk-in clinic.
- **If Call 911 or go to the nearest hospital emergency department if you have life-threatening symptoms** (Swelling or tingling in your face, tongue, mouth, or throat; chest tightness or pain; trouble breathing; signs of stroke). Please let us know if you go to the emergency room or are admitted to the hospital.