

## Using Adhesive & HME with a Voice Prosthesis (VP)

### Patient Information

**Equipment:** Adhesive  
HME cassette  
Skin cleanser – this can be a cleaning towel, baby wipe, or soap and water  
Skin preparation

#### Step 1: Clean the skin around the stoma

Clean the skin with your chosen skin cleanser. Ensure the skin is dry after cleaning.

#### Step 2: Gently remove the VP tape (if relevant)

Gently remove the voice prosthesis tape and clean under the tag. Ensure skin is dry.

#### Step 3: Use skin preparation

Gently wipe the skin preparation around the stoma and under the tag. Wipe away from the stoma to limit inhaling the fumes. Allow the skin to dry and become tacky. Ensure the voice prosthesis tag is flat against the skin.



#### Step 4: Apply the adhesive over the stoma

Remove the backing sheet of the adhesive without touching the sticky adhesive.

Hold the silicone mould in the centre. Align and place the adhesive over the stoma so that:

- 1) the hole lines up with the bottom of your stoma and
- 2) the adhesive covers the voice prosthesis tag.

Massage the skin gently to ensure the adhesive seals completely with the skin and voice prosthesis tag, avoiding air pockets. Allow to settle for a few minutes.



#### Step 5: Insert the HME cassette into the adhesive

Breathe normally. Allow time to feel comfortable with the HME in place.



**Step 6: Voice by gently pressing down on the centre of the HME with your finger**

Voice by gently pressing down on the centre of the HME to seal off the airway & redirect the air via the voice prosthesis.

Do not press too hard.

Use your finger rather than your thumb.

It is important that you press in the centre of the HME cassette.



**Removing the HME cassette to cough and clear secretions**

Place pressure on the sides of the adhesive with one hand when removing the HME cassette so not to pull the adhesive away. Gently twist out the HME cassette as you pull.

**Replacement:**

- **HME Cassette:** Can be replaced as needed. To ensure proper function it should be replaced every 24 hours.
- **Adhesive:** Can remain providing it is glued to the skin. When removing adhesive from the skin, use an adhesive remover pad or damp cloth to gently pull adhesive away from the skin. **If you have a voice prosthesis tag, remove the adhesive in an upward direction and be careful not to pull the adhesive too quickly or firmly so you don't remove the voice prosthesis.** Ensure the skin is clean and dry before applying a new adhesive. Monitor your skin for any reaction.

**Notes:**

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