

## Using StabiliBase Adhesive and HME

### Patient Information

**Equipment:** StabiliBase 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: Use skin preparation

Using the skin preparation gently wipe the skin around the stoma. Avoid inhaling the fumes by wiping in the direction away from the stoma. Allow the skin to dry and become tacky.



#### Step 3: Remove middle backing sheet

Remove the middle backing sheet being careful not to touch the adhesive side. Hold the silicone mould in the centre so that the bottom rim lines up with the bottom opening of your stoma and attach it as close as possible to your stoma.

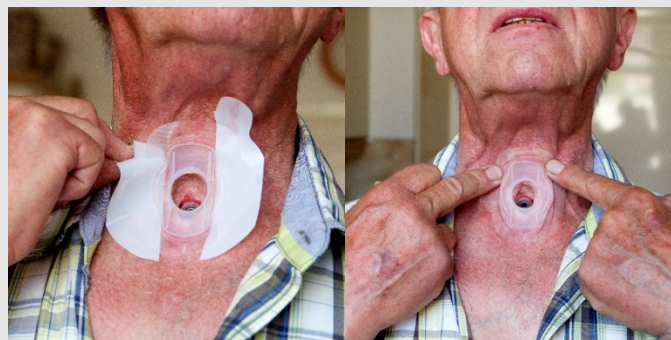
If you are using a voice prosthesis with a tag, make sure that the adhesive covers the voice prosthesis tag completely.

If you need to make it fit the stoma shape, turn it clockwise. Massage the skin gently to improve attachment.



#### Step 4: Remove the side backing sheets

Peel off one of the side backing sheets and massage onto the skin. Do the same with the other side. Then massage the whole adhesive firmly onto your skin.



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

Do not press too hard, press with a finger rather than a 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 sides of 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 the adhesive from the skin, use an adhesive remover pad or damp cloth to gently lift the adhesive as you pull it 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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