

Notes: _____

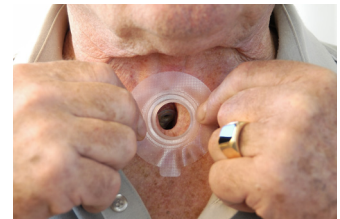
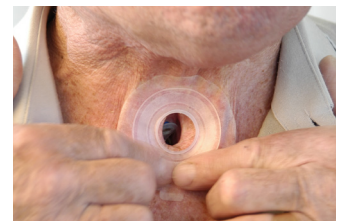
Getting a good seal – Provox Adhesives

1. Clean the stoma and the skin around the stoma with a Provox Cleaning Towel and/or soap and water and dry the area completely.

TIP: If your skin is sensitive, use SkinPrep, a solution that protects the skin, according to the instructions for use. Apply SkinPrep to the area around your stoma and let it dry before applying the adhesive.

TIP: If you need a stronger attachment, try using Silicone Glue or SkinTac, on the area of your skin that is covered by the adhesive. Follow the instructions for use when using these products.

- Put on a protective skin barrier (such as Skin Prep).
- Put on a thin layer of the glue or SkinTac on the skin that will be covered by the adhesive.
- Allow the area to air dry (the skin will become sticky) before putting on the adhesive.



Skin Prep



Provox Cleaning Towel



Skin Tac



Silicone Glue

2. Pre-warm the adhesive by rubbing it between your hands for one minute so that it will attach better to the skin. This is especially important for the Optiderm Adhesive.
3. Remove protective paper from adhesive. Fold the left and right hand side of the adhesive. First attach the bottom part, then the top part and at last the two sides. When putting it on, start near the the center and work outwards.

TIP: Try to get the ring of the adhesive as close to the stoma as possible.

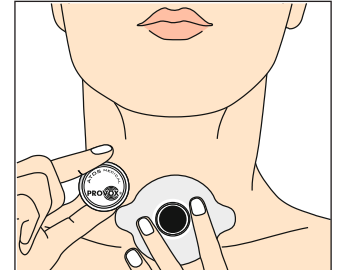
TIP: If possible, do not speak for the first 5 minutes to allow the adhesive to set.

Notes: _____

Troubleshooting:

It is important that no air can escape for patients who use a voice prosthesis to speak. The following tips help in keeping the seal last longer.

- Do not speak too loud and do not use much force.
- Remove the HME from the adhesive when you feel a cough coming.
- After you have coughed, carefully remove any mucus from in between the adhesive and the skin.
- Hold the adhesive with two fingers when removing the HME.



Taking care of the skin around the stoma is important, especially if you have sensitive skin. The following tips may be helpful:

- Use a protective skin barrier (such as Skin Prep).
- Use the OptiDerm adhesive when the skin is irritated.
- Use the OptiDerm adhesive during the night.
- Use a LaryTube during the night.
- Remove the adhesive carefully.
 - For the Regular Adhesive, use an adhesive remover wipe (such as Remove) at the edge and then under the adhesive while peeling the adhesive from the skin.
 - For FlexiDerm or XtraBase adhesives, apply Remove on top of the adhesive (the adhesive is porous) and then under the adhesive when peeling the adhesive from the skin.
- Some patients with very sensitive skin can get skin irritation from the use of the skin protection products or the adhesive removal wipes. If that is the case, discontinue the use of these products.



Remove



Use of a Remove wipe on top of a FlexiDerm adhesive to help with adhesive removal