

Breathing through a Tracheostoma

One of the most important jobs of the nose and upper part of your airway is to heat and humidify air that is breathed in. After a laryngectomy your nose is not able to do this anymore, because you are now breathing in directly through the tracheostoma. This often causes unpleasant side effects such as increased coughing and production of mucus, sleeplessness and other social problems.



Breathing through a Provox HME

The HME (Heat and Moisture Exchanger) is placed in front of your tracheostoma and is sometimes called your artificial nose. The specially treated foam, inside the HME cassette, partially replaces the function of your nose. To get the most out of using the HME, it is important to use it all the time, day and night (24/7), just like your nose.



Benefits of using an HME

1. Health of your airways

Research has shown that wearing an HME all the time, 24 hours a day, often reduces coughing and sputum production.

2. Hygiene

Wearing an HME often reduces the need to clean the stoma and avoids direct finger contact with the stoma.

3. Appearance

Wearing an HME covers the stoma and allows a more normal appearance.

4. Voice

Users of a voice prosthesis often report a better sound of their voice and find it easier to occlude the stoma.

5. Quality of Life

Research has shown that people with a laryngectomy who use an HME continuously, report better sleep and less fatigue.

