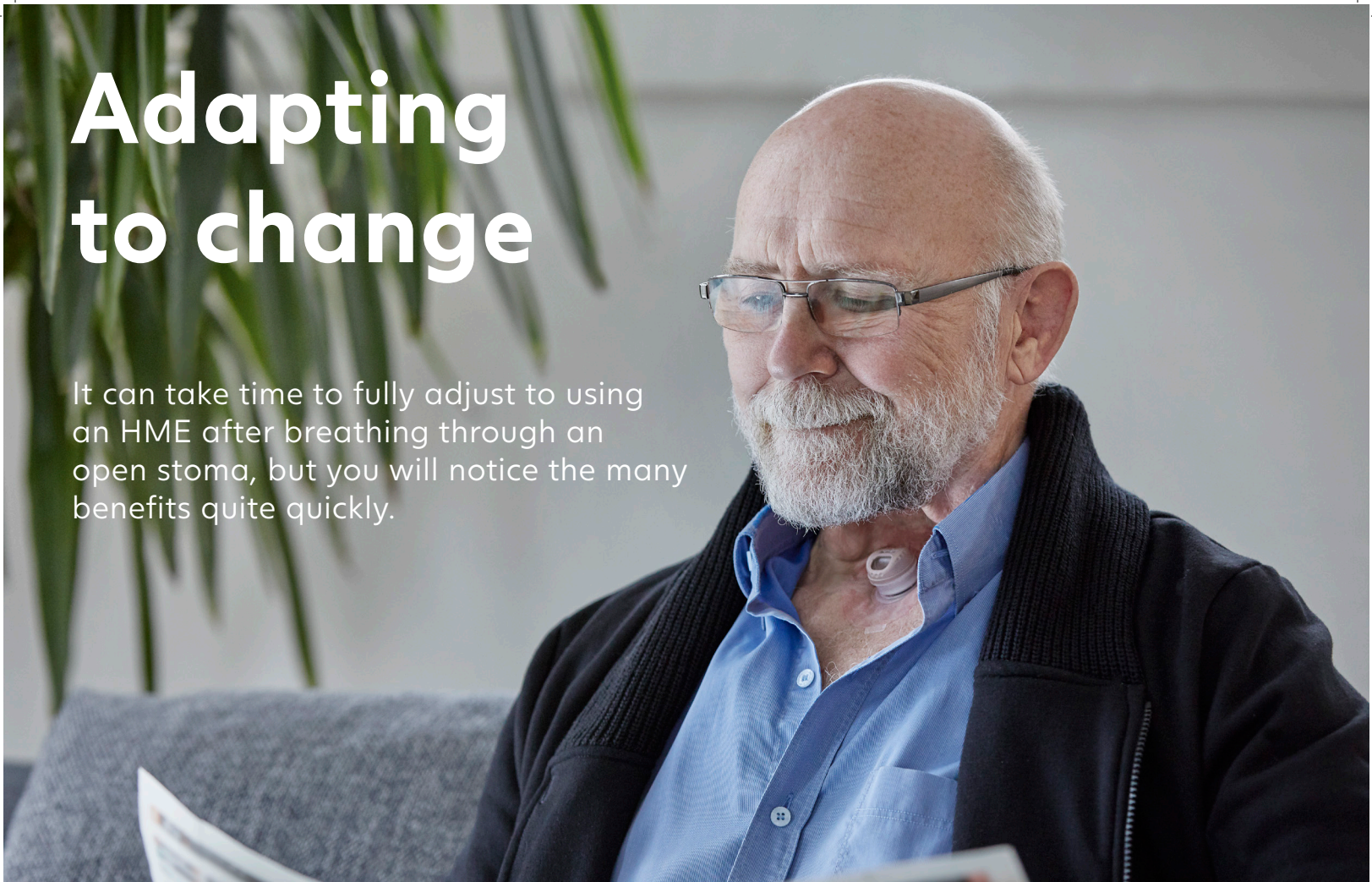


Adapting to change

It can take time to fully adjust to using an HME after breathing through an open stoma, but you will notice the many benefits quite quickly.



1 A new way of breathing

At first, you might find it a little harder to breathe. This is normal. Breathing through an HME is similar to breathing through your mouth, and you'll soon get used to it.

Tip

If you find it hard to breathe, remove your HME for a few minutes, then attach it again. Over time, you'll need to do this less and less. You could also try using Provox XtraFlow, which makes it easier to breathe when you're active.

2 Reduce coughing

For the first few days, your mucus may become thinner and it can feel like you're producing more of it. By continuing to use your HME you will soon produce less mucus and cough less. Your windpipe will also become less irritated. After about two weeks, you'll notice a substantial improvement.

Tip

Make a note of how much you cough every hour, for a few days. You'll see the number drop quite quickly.

3 Keep your HME clean

If you need to cough, remove your HME and cover your stoma with a tissue to protect yourself and those around you. If you cough without warning, remove your HME and wipe it clean with a tissue. If mucus gets inside the HME, replace it with a new one. Never wash an HME because it won't function as it should.

Tip

After coughing, always clean your stoma and adhesive carefully. This will make sure the adhesive doesn't loosen and your skin doesn't get irritated.

Adapting to change



4

Different HMEs for different situations

If you're active during the day, use the Provox XtraFlow, as it will be easier to breathe. When you relax, use the Provox XtraMoist, which keeps the air more humid and is comfortable to breathe through. If you have a voice prosthesis, you can also use both of these HMEs for speaking.

When you sleep, use Provox Luna. Compared to other HMEs, Provox Luna provides higher humidification. It is also comfortable and easy to breathe through. (Please note is that, as a night-time product that, it's not the most suitable product for speaking.)

Tip

Get to know the different options for HMEs and other products in your Provox Living Well case. Always choose the right one for the occasion.

5

Using adhesives takes practice

As you learn how to use adhesives, you may need to replace them a little more often at the start. You may also find that you're producing more mucus, which makes it trickier to keep the adhesive in place.

Tip

Your goal should be to have the same adhesive on from morning to night. It's important that the adhesive fits with the stoma.

Firstly, determine the best fit by positioning the adhesive while the liner is still on. Then take off the liner and place it in the right position. Put the adhesive ring just below the stoma, then apply the rest. Keep the ring as close to the stoma as possible. Work from the inside out, thoroughly massaging the adhesive onto the skin. Don't leave any air gaps, bubbles or wrinkles.

6

Adhesives attach better when clean

It's important to keep your stoma and the adhesive free of mucus. If you get mucus stuck between your adhesive and skin, it can prevent the adhesive from sticking well.

Tip

If you need to cough, carefully remove the HME and adhesive, cough into a tissue, and then clean your stoma and adhesive. After you cough, carefully clean your stoma. Pay attention to the lower part of your stoma. If there's mucus between your skin and your adhesive, it will cause leakage.

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