Using a Laryngectomy Button and HME
Patient Information

Equipment: Laryngectomy button
HME cassette
Water soluble lubricant

If you are securing your laryngectomy button around your neck with a strap, thread the strap tapes through the side holes of the button before you insert it.

Step 1: Lubricate the laryngectomy button

Lightly lubricate the laryngectomy button. Use a water-soluble lubricant.

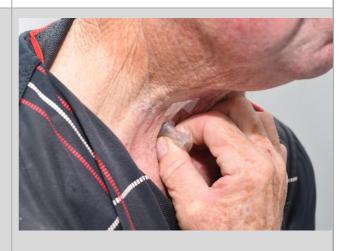**Step 2: Fold the button**

Fold the narrow end / hub of the button with your fingers.

Step 3: Insert the button into your stoma

Insert the narrow end into your stoma and release your fingers. It is usual to experience coughing when inserting and this should settle within a few minutes.

Check that the button is secure in your stoma by gently pulling the button forward or doing a gentle cough.

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Step 5: Secure strap

If you are wearing a strap secure firmly around the neck, but not too tightly.

Step 6: Insert the HME cassette

Insert the HME cassette into the opening of the laryngectomy button. Breathe normally. Allow time to feel comfortable with the HME in place before you speak or move around.

If you are using a voice prosthesis:

Voice gently by 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 and 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

Hold the hub of the laryngectomy button with one hand while removing the HME cassette with the other so not to pull the button out of the stoma. Gently twist out the cassette as you pull it out.

Care and replacement:

- **HME Cassette**: Can be replaced as needed. To ensure proper function it should be replaced every 24 hours.

- **Laryngectomy button:** Can be removed and cleaned and reinserted as needed. Clean the button with warm soapy water and dry completely before reinsertion. Replace if cracked or torn.