

Head and Neck / Speech and Language Therapy

Applying your Baseplate

Advice for Laryngectomy Patients

Wearing a baseplate with a Heat and Moisture Exchanger (HME) every day is the best way to ensure that your lungs continue to work as effectively as possible. However, not properly applying the baseplate can mean that you may end up changing it more often, leading to skin irritation and frustration. If you have a speech valve, this can also mean difficulty producing voice. Follow the steps in this leaflet to help your baseplate last longer and stick better.



First prepare your skin to minimise irritation. Ensure the skin around your stoma is clean and dry.



Apply a recommended barrier product up to the edge of the stoma, and cover all skin that will touch the baseplate. Allow the barrier product to dry for a few minutes, until it becomes slightly tacky.



Patient Information



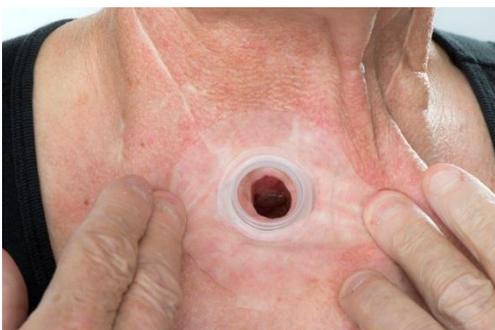
Whilst you are waiting for the barrier product to dry, warm up your baseplate. This helps the glue stick to your skin better. Try placing it in your pocket, under your arm or between your hands for a few minutes.



Carefully remove the backing to the baseplate. How best to do this may vary depending on the baseplate you are using. Try to avoid touching the sticky side of the baseplate.



Place the centre of the baseplate first, pressing it firmly and gently as close to the stoma as possible. Experiment with how you hold your head and neck to give yourself the best access.



Firmly press down the edges of the baseplate, smoothing it from the inside to the outside edge. Try and keep this as close to your skin contours as possible and avoid wrinkling the baseplate. Take your time with this and do not rush.

Patient Information



Place the HME into the baseplate. If you have a speaking valve try and avoid talking for 30 minutes to allow the baseplate to stick fully.



A correctly applied baseplate can last up to 24 hours and should cause minimal skin irritation. Ensure that you follow this step-by-step process every time you apply a new baseplate.

If you experience skin irritation or your baseplate continues to become loose despite following these steps contact your Macmillan Clinical Nurse Specialist or Macmillan Speech and Language Therapist for further advice.

Macmillan Clinical Nurse Specialists: 02476 966452
Macmillan Speech and Language Therapists: 02476 966449

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Document History

Department:	Speech and language therapy
Contact:	02476 966449
Updated:	December 2019
Review:	December 2022
Version:	1
Reference:	HIC/LFT/2385/19