

## Head and Neck Speech and Language Therapy

# Removing 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 removing the baseplate can cause skin irritation, meaning you may not be able to wear one all the time. Follow the steps in this leaflet to help keep the skin around your stoma healthy and comfortable.

### Remember:

- Don't rip the baseplate off without loosening it or using an adhesive remover
- Don't pull the baseplate away too quickly. Give the sticky side time to loosen before removing.



Start by ensuring you can see your baseplate and HME fully and have a good light source and mirror. You can keep your HME attached to your baseplate during the removal process if you wish.



## Patient Information



Find the small tag at the edge of your baseplate, or an already loose edge. Take your preferred adhesive remover wipe and gently run this along the exposed edge underneath the baseplate.



This should start to gently loosen the baseplate, allowing it to lift away easily. Continue along the exposed edge of the baseplate, going slowly and gently, until the whole baseplate lifts away.



Once the whole baseplate is removed run the adhesive removal wipe over the skin around the stoma to get rid of any remaining sticky areas.



Apply any moisturising products or creams to the area, allowing these to fully soak in before applying your new baseplate.

## Patient Information

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

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