

## Head and Neck Cancer & Speech and Language Therapy

### Daily Cleaning of Your Exdwelling Valve

**Clean your valve (while positioned in your neck) every morning or more frequently if it gets blocked with mucous (especially if you have a chest infection).**

- Thoroughly clean your hands in soap and water before cleaning your valve;
- Whilst holding the tag, clean the mucous from in and around the valve with your brush;
- Remember to hold the tag;
- If debris is removed, clean the brush in tap water and repeat until the brush is clean;
- If thick debris is difficult to remove from the front of your valve, then moisten some gauze, wrap tightly around your finger and gently clean the whole area. Repeat until the debris is removed.

<b>Do:</b>	<b>Do not:</b>
Make sure that the valve is not dislodged during cleaning (you will notice the valve sticking out further).	Leave the house without your dilator, in case the valve comes out.
Remove and replace the valve as directed by Speech and Language Therapy (SLT).	Put anything except the brush into the valve.
Replace the brush regularly.	Leave the house without your brush.



## Patient Information

The Speech and Language Therapy team usually advise that valves should be changed once a month. If your valve starts to leak before this time then please change your valve and let the Speech and Language Therapy team know.

**For further information, contact the Speech and Language Therapy Team on Telephone: 024 7696 6449.**

Refer to your handout on how to 'change your valve' when it is necessary to change it.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6449 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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