

Head and Neck Cancer Speech and Language Therapy

Laryngectomy Surgical Voice Restoration- Voicing Techniques for Valve Users: Stoma button/lary tube users

You will already have been given some general advice on voicing using your valve.

Some people require further advice due to the management of their stoma.

This leaflet provides information on how to:

- voice with a stoma button or lary tube in
- start weaning off 24 hour stoma button/ lary tube usage together with better voicing

Voicing with a stoma button/ lary tube in

When voicing with a stoma button or lary tube in, the same principles apply when trying to achieve voice:

- **breathe in**
- **hold**
- **cover stoma**
- **breathe out with mouth open**
- **hear voice**
- **take finger off stoma**



Patient Information

You will need to take care to ensure:

- The stoma button or lary tube is secure and it is not at risk of falling in or out of the stoma when being held to produce voice.
- The stoma button or lary tube is not blocking air flow to the valve. If this occurs it will not be possible for the valve to work properly or for you to achieve voicing.
- A complete seal is achieved around the edge of the stoma button or lary tube.

You may need to look in a mirror and check that this is happening. If not, try adjusting the tube to help improve the seal around your stoma. Look at where the air loss is coming from, and about think how this could be reduced by changing your finger position to occlude the stoma better.

Weaning off 24 hour stoma button/ lary tube usage in conjunction with better voicing

It is important to check with the Head & Neck Team speech and language therapists or clinical nurse specialists if you are able to start reducing your stoma button/lary tube usage.

If this has been agreed with the Head and Neck Team, then the advice below may be useful:

- Start taking your stoma button/lary tube out for short periods.
- During this time without your stoma button/lary tube in, practice your valve technique.
- Monitor if you notice the stoma site starting to shrink.
- If the stoma starts to get smaller, replace your stoma button/lary tube. This will prevent further shrinkage and help re-stretch it.
- Once you are able to leave your stoma button/lary tube out for 30 minutes to an hour, you will be able to use your valve more effectively. If necessary, replace the stoma button/lary tube when you stop talking to prevent shrinking.
- Over time, as your confidence grows, you will be able to increase the time you leave out the stoma button/lary tube.

We recommend that you **continue to wear your stoma button/lary tube in at night.**

Patient Information

If you have any concerns or questions please contact the Head and Neck Team Speech and Language therapists or clinical nurse specialists on 024 7696 6449 or 024 7696 6452

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

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