

## 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 make sure 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. This leads 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. Make sure the skin around your stoma is clean and dry.



## Patient Information



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.



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.

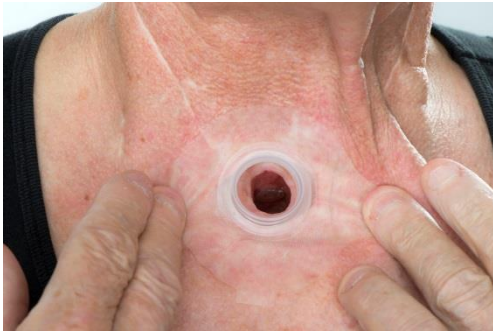


Carefully remove the backing to the baseplate. How best to do this may vary depending on the baseplate you are using. Try to avoid touching the sticky side of the baseplate.

## Patient Information



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. Avoid wrinkling the baseplate. Take your time with this and do not rush.



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.

## Patient Information



A correctly applied baseplate can last up to 24 hours and should cause minimal skin irritation. Make sure 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 even after following these instructions, contact your Macmillan Clinical Nurse Specialist or Macmillan Speech and Language Therapist for further advice.

Macmillan Clinical Nurse Specialists: 024 7696 6452

Macmillan Speech and Language Therapists: 024 7696 6449

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# Patient Information

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