

Home from the hospital after laryngectomy - general tips and helpful supplies

- Use one hand to stretch the skin around the stoma to be as smooth as possible, while using the other hand to apply the adhesive.
- Have prescriptions called in to the pharmacy so they can be ready for immediate pick-up (instead of waiting for written prescriptions to be filled).
- Have a friend/family member pick them up for you is possible.
- Ask for all medications to be in liquid form, if possible, as these will be easiest to administer during the initial post-operative days at home.
- Have groceries stocked, including whatever foods/liquids the patient is able to have.
- If supplies are being delivered to the home (tube feeding, suction supplies, etc), be sure someone is home to accept delivery. Very often these cannot be delivered without a signature.
- Ensure you have a full tank of gas, just in case.
- Supplies you may find helpful:
 - Pads of paper/pens
 - Tissue (several boxes!)
 - Notebook: Write down questions to ask your doctor as they come up otherwise you may forget them later
 - Small flashlight
 - Mirror on a stand (with a light is best)
 - Tweezers (long-handled are best)
 - Cotton swabs
 - Alcohol
 - Hydrogen peroxide
 - Thermometer
 - A strong laxative (pain medications can be very constipating); be sure to check with your doctor first before taking
 - Pill crusher and/or cutter
 - Triple antibiotic ointment
 - Bottled water
 - Coca-Cola (helps to clean out feeding tubes)
 - Blender
 - Humidifier