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