

# Patients being discharged following removal of a voicebox (laryngectomy)

Providing support for patients and their families

at the Royal Sussex County Hospital

## While you are in hospital

- You will be shown how to care for your stoma and speaking valve if present.
- You will be taught how to use the nebuliser – and if necessary, the suction machine.
- Nurses will also show your carer, partner or family how to use any equipment and check they are confident before you go home.
- Your GP will be sent a summary of the care you have received while in hospital. They will provide some of the products you will require (eg suction liners and catheters if required, as well as any medication on prescription).
- Ward Nurses will refer you to the District Nurses. They will give general support including supervising your stoma care, and check any wounds. If it can be arranged, they may visit you on the ward.

## Items you will take home

- nebuliser with saline solution and masks
- spare laryngectomy tubes
- spare Buchanan bibs
- shower protector
- swabs for cleaning
- any medications.

### Also if necessary:

- suction machine with suction catheters and spare tubing
- feeding pump
- spare feeding tube.

## Who to contact

### If:

- You have problems with your stoma or any wound: **your District Nurse**
- You have difficulty with RIG/PEG feeding: **the Nutricia Nurse**

- You have problems with your suction machine or difficulty obtaining the liners: **your GP or District Nurse**
- You have difficulty with your speaking valve or any voice problem: **Monday to Friday - 9-5pm Speech and Language Therapist or Out of Hours contact Level 8A East ward**
- Your out-patient appointment does not arrive or any query regarding appointments: **the Head and Neck Co-ordinator or your Macmillan Head and Neck Nurse**
- You have problems breathing: **go to your nearest hospital A&E dept or phone for an ambulance.**

Nurses will refer you to Countrywide Supplies Ltd who will provide some of the products you will require. A first order will be made by the nurses before discharge, which will be delivered to your home and they will explain how to obtain further supplies.

- Nurses will complete a form which is sent to the Ambulance control in case you require their services in the future and make them aware you breathe through your neck.
- Nurses may arrange care link if you live alone or are likely to spend extended periods of time on your own. It is a way of obtaining help if required.

## What/who to expect after discharge

District Nurse will telephone on first day after discharge to arrange a visit.

Stitches – any not removed in hospital will be removed by your Practice Nurse or possibly the District Nurse.

Out-patient appointment will be booked for 2 weeks after your discharge home in the Head and Neck clinic, at the Sussex Cancer Centre.

## Useful telephone numbers

<b>Royal Sussex County Hospital:</b>	<b>01273 696955</b>
<b>Level 8A East Ward :</b>	<b>01273 523174</b>
<b>Macmillan Head and Neck Nurse Specialist</b>	
<b>Brighton and Hove :</b>	<b>01273 696955 Ext. 7435</b>
<b>Eastbourne and Hastings:</b>	<b>07760554037</b>
<b>Worthing:</b>	<b>07825 192712</b>
<b>Macmillan Speech and Language Therapist Brighton and Hove:</b>	
	<b>01273 696955 Ext. 7211</b>
<b>Macmillan Dietician:</b>	<b>01273 696955 Bleep 8171</b>
<b>Nutricia Nurse:</b>	<b>0845 7623650</b>
<b>Sussex Cancer Centre:</b>	<b>01273 696955 Ext. 4324</b>
<b>Head &amp; Neck Co-ordinator:</b>	<b>01273 696955 Ext. 4485</b>
<b>Countrywide Supplies:</b>	<b>08007831659</b>
<b>Head and Neck Support Worker:</b>	<b>01273 696955 Ext. 7435</b>

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فبإمكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本传单的内容，我们可安排口译员服务。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

© Brighton and Sussex University Hospitals NHS Trust

### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 612

Publication Date: July 2014

Review Date: July 2016

