

Health Information Sheet | Canberra Health Services

Things to bring to your laryngectomy surgery

You will need to bring a plastic container to the hospital when you have your laryngectomy surgery. Inside that container, please include the following, needed for stoma care:

- hand sanitizer
- small handheld mirror
- small packet of tissues
- pen, paper and small notepad
- small torch
- metal blunt tip forceps (you can buy this from your local pharmacy)
- water based lubricant (small tube or individual sachets, bought from pharmacy).

You will also need:

- stoma covers. Your speech pathologist will give you these.
- a nebuliser machine. You can buy these from most local pharmacies. The average cost is between \$200 and \$300, and funding may be available through private health cover, if you have it.

Note: if you do not have private health cover, Rise Above can provide financial assistance to offset additional costs to enable you to purchase the nebuliser machine. Rise Above provide financial support with cancer medications; dietary supplements; chemotherapy medications; one-time payment towards utility bills, food vouchers, and more. Your Cancer Specialist Nurse can refer you to Rise Above for financial support.

You will need to use your nebuliser machine four times a day at home for ongoing management of your condition.

Before you are discharged from the hospital, you will need the following items. We will let you know how to access these during your hospital stay.

- Universal medical ID (this will alert people that you are a “neck breather”).
- Key lock box (you can buy this from any hardware store).
- Personal safety alarm (we will give you a handout about this during your pre-surgery education or your hospital stay).

Please call your Head and Neck Cancer Specialist Nurse on 0466169957 with any questions.



Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



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