

Baseplate Adhesive Seal Tips

# How I Do It

Janice Hayes



Janice Hayes had her total laryngectomy in 1997, but that has not slowed her down. She is a wife, a mother, a grandmother to 6, an award-winning real estate agent, an educator, an advocate, and since 2014, a Patient Consultant for InHealth Technologies. She has no time to mess with a broken baseplate seal for her HME system. Read on to see how she gets an ideal seal.

# “ Here is what I do to keep a good HME seal all day, even with hands-free. ”

Before you get started, I suggest you work with your healthcare provider to get a prescription and set up a patient account with InHealth Technologies; it makes ordering a breeze\*. I use the Medicare Assignment Program for my qualifying supplies. It is a new program where you are only responsible for your co-payment. No more waiting for a Medicare reimbursement check!

## Baseplate Housing Seal Tips

- 1) After taking off the old housing, I carefully clean the area around my stoma. If I use the Remove™ wipes, I make sure all of the Remove™ liquid is off the skin before moving on.
- 2) I use more than one Skin Tac™ wipe, sometimes two or three. I let each application dry for a couple of minutes before applying another layer. Make sure to wash your hands to get all of the stickiness off before handing the housings.
- 3) I use the TruSeal® Contour™ Oval Adhesive Housing. I personally think it sticks better if the housing is a bit warm. So before removing the backing, I hold the baseplate between my hands for a bit to warm it up.
- 4) When placing the baseplate on my skin, I push with my fingers while taking a quick, deep breath in. I find that taking a big inhale during placement helps create a vacuum-like effect and provides a tight seal. After it is in place, I quickly rub my fingers all around the baseplate.
- 5) If I am using the Adjustable Tracheostoma Valve (ATSV II), or hands-free valve, I try not to talk for 20 minutes to give the seal between the skin and the housing time to really become established.
- 6) Then I am off to face the day!



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