

THE TRACHEOESOPHAGEAL BLOW- AND MUZZLE TECHNIQUE: A NEW MANNER TO BLOW THE NOSE AFTER A TOTAL LARYNGECTOMY.

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Background: After a total laryngectomy, blowing the nose is often restricted to evacuating excess mucus passively or by building up a small amount of nasal pressure by creating pressure changes in the mouth. In general this is experienced by the laryngectomee as largely ineffective.

Method: The author has designed a technique for laryngectomees provided with a voice prosthesis (Provox, Blom-Singer...) that enables a considerable increase in nasal pressure making blowing the nose easier and more effective. This presentation outlines the current situation and explains the new technique which will be demonstrated by video. The results are supported objectively by rhino manometry.

Results: The technique has been taught to a number of patients who have reported good results subjectively. Rhino manometry detected increased nasal airflow and pressure, supporting the subjective patient reports..

Conclusion: In addition to the voice and smell rehabilitation, this technique represents a new step forward in the rehabilitation of the laryngectomee.