

Heat Moisture Exchange Adhesive Seal Tips

How I Do It

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“ I have been a laryngectomy for 25 years and have used a hands-free valve with a base plate nearly every day. I almost never have an air leak. ”

“Here are the steps I take to get a good HME seal.”

- 1) I make sure to start with clean, dry skin.
- 2) Then I use an alcohol pad to clean any oil off of my skin.
- 3) I apply Skin Prep™ to protect my skin and dry it with my hair dryer.
- 4) I use the Skin Tac™ wipe. I find it works better on my skin than other adhesive options. I coat my skin. Then I turn it over and coat the area around my stoma again. I then use my hair dryer to make sure that the Skin Tac is completely dry.
- 5) Then I carefully take a base plate and remove it from its backing. I hold the base plate in my right hand and spread my skin around my stoma with my left hand so it is as smooth as possible. I then place the base plate on my skin so the hole of the base plate lines up with my stoma.
- 6) After one final press around to make sure that the base plate is firmly in place, I am set to go for the day.



I have found that it is best for me to remove the base plate in the evening. This gives my skin the chance to breathe. This whole process has a bit of a learning curve. It took me about 6 months before I was truly successful.

When you have mastered these basics, it will become as natural as shaving or putting on your make-up every morning. I hope this may be helpful for those who choose to use the Blom Singer Adjustable Tracheostoma Valve ATSV-II (hands-free valve) or an HME.