

Total Laryngectomy Pathway (With Reconstruction)

These are goals for your recovery. Your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect.

Surgery date: _____ Expected discharge date: _____

Before Surgery	
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • Presurgical testing appointment: <ul style="list-style-type: none"> - Bring a list of all medications you take. - Bring results from medical tests done outside of MSK. - Your nurse practitioner may order more tests, appointments, or both.
What medications will I take?	<ul style="list-style-type: none"> • Ask your doctor when to stop taking blood thinners. Examples include: <ul style="list-style-type: none"> - Aspirin - Nonsteroidal anti-inflammatory drugs (NSAIDs) - Herbal supplements • Follow your surgical team’s instructions for taking other medications.
Which team members will I see?	<ul style="list-style-type: none"> • Head and Neck surgeon • Plastic surgeon • Speech and Swallow therapist • Dietitian • Social worker, case manager, or both • Tobacco Cessation nurse (if you smoke or recently quit)
What should I do?	<ul style="list-style-type: none"> • Follow the instructions in your surgical guide. • Stop smoking. • Tell your surgical team if you drink alcohol. • Plan your ride home after surgery. • Sign up for MyMSK (the MSK patient portal). • The day before surgery: <ul style="list-style-type: none"> - Wash with Hibiclens® if your surgical team tells you to. - Don’t eat or drink anything after midnight.

Notes:

Day of Surgery	
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • Placed before surgery: <ul style="list-style-type: none"> - Intravenous (IV) line in a vein - Compression boots on your legs • Placed during surgery: <ul style="list-style-type: none"> - Urinary (Foley®) catheter in your urethra - If needed, vacuum dressing over your donor site - Bandage over your skin graft, if you have one - Feeding tube in your nose - Laryngectomy tube and humidifier - Tubes and drains in your incision <ul style="list-style-type: none"> • After surgery, you will have all of these devices when you wake up.
What medications will I take?	<ul style="list-style-type: none"> • Before surgery, take only the medications your surgical team told you to take. Take them with a small sip of water. <ul style="list-style-type: none"> • After surgery, you will get pain medication, medication to prevent nausea, and antibiotics.
Which team members will I see?	<ul style="list-style-type: none"> • Before surgery, your Head and Neck surgery team and Plastic surgery team will mark your surgical site.
What should I do?	<ul style="list-style-type: none"> • The morning before surgery, wash with Hibiclens if your surgical team tells you to. <ul style="list-style-type: none"> • After surgery, do coughing and deep breathing exercises 10 times each hour you're awake.

Notes:

- While you're in the hospital:
- Your Head and Neck surgery and Plastic surgery teams will visit your room every day.
 - If you have a skin graft, your nurse will change the bandage every day.
 - You will wear compression boots while you're in bed.
 - Tell your nurse if your pain isn't controlled.

	1 Day After Surgery	2 Days After Surgery
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> Your urinary catheter will be removed when you move to your hospital room. You will get nutrition through your feeding tube, unless you feel very nauseous. Your nurse will check your free flap for a Doppler signal every hour. This is to make sure blood is flowing. Your nurse will suction your laryngectomy stoma often. This keeps your airway clear. Your nurse will remove and clean your laryngectomy tube often. 	<ul style="list-style-type: none"> You will get nutrition through your feeding tube. Your nurse will check your free flap for a Doppler signal every hour. Your nurse will suction your laryngectomy stoma often. Your nurse will remove and clean your laryngectomy tube often.
What medications will I take?	<ul style="list-style-type: none"> In the Post Anesthesia Care Unit (PACU), you will get pain medication through your IV. You will control the medication with a button (PCA). When you move to your hospital room, you will start getting liquid pain medication through your feeding tube instead. Antibiotics Daily medications 	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Antibiotics Daily medications
Which team members will I see?	<ul style="list-style-type: none"> Dietitian Speech and Swallow therapist 	<ul style="list-style-type: none"> Speech and Swallow therapist Physical therapist or occupational therapist, if needed
What should I do?	<ul style="list-style-type: none"> You won't be able to speak after surgery. You will communicate with the staff and your visitors by writing on a communication board and using an iPad speaking app. Your nurse will bring you these things. Do the exercises your Speech and Swallow therapist teaches you. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. A staff member will help you move. Walk at least 1 lap around the nursing unit. A staff member will help you. 	<ul style="list-style-type: none"> Do the exercises your Speech and Swallow therapist teaches you. Sit in your chair for most of the day. Walk at least 1 lap around the nursing unit. A staff member will help you.

	3 Days After Surgery	4 Days After Surgery
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> You will get nutrition through your feeding tube. Your nurse will check your free flap for a Doppler signal every 2 hours. Your nurse will suction your laryngectomy stoma often. Your nurse will remove and clean your laryngectomy tube often. 	<ul style="list-style-type: none"> You will get nutrition through your feeding tube. Your nurse will check your free flap for a Doppler signal every 2 hours. Your nurse will suction your laryngectomy stoma often. Your nurse will remove and clean your laryngectomy tube often.
What medications will I take?	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Antibiotics Daily medications 	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Antibiotics Daily medications
Which team members will I see?	<ul style="list-style-type: none"> Speech and Swallow therapist, if needed Physical therapist or occupational therapist, if needed 	<ul style="list-style-type: none"> Speech and Swallow therapist, if needed Physical therapist or occupational therapist, if needed
What should I do?	<ul style="list-style-type: none"> Do the exercises your Speech and Swallow therapist teaches you. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 2 to 3 laps around the nursing unit. A staff member will help you. 	<ul style="list-style-type: none"> Learn how to suction your laryngectomy stoma. Your nurse will show you how. Learn how to care for your laryngectomy tube. Your nurse will show you how. Clean your tube every 4 hours. Do the exercises your Speech and Swallow therapist teaches you. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 3 to 4 laps around the nursing unit. A staff member will help you.

	5 Days After Surgery	6 Days After Surgery
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> Your vacuum dressing will be removed. Your donor site will be covered with a Vaseline® gauze dressing. You will get nutrition through your feeding tube. Your nurse will check your free flap for a Doppler signal every 4 hours. You or your nurse will suction your laryngectomy stoma often. 	<ul style="list-style-type: none"> Your nurse will change your donor site dressing. You will get nutrition through your feeding tube. Your nurse will check your free flap for a Doppler signal every 4 hours.
What medications will I take?	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Daily medications Antibiotics 	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Daily medications
Which team members will I see?	<ul style="list-style-type: none"> Physical therapist or occupational therapist, if needed 	<ul style="list-style-type: none"> Physical therapist or occupational therapist, if needed
What should I do?	<ul style="list-style-type: none"> Suction your laryngectomy stoma as needed. Call your nurse if you need help. Clean your laryngectomy tube every 4 hours. Call your nurse if you need help. Do the exercises your Speech and Swallow therapist teaches you. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 4 or more laps around the nursing unit. A staff member will help you. 	<ul style="list-style-type: none"> Suction your laryngectomy stoma as needed. Clean your laryngectomy tube every 4 hours. Do the exercises your Speech and Swallow therapist teaches you. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 4 or more laps around the nursing unit. A staff member will help you.

	7 Days After Surgery	8 Days After Surgery
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> You will have a swallow study to see if it's safe for you to start eating by mouth. You will get some nutrition through your feeding tube. Your nurse will change your donor site dressing. Your nurse will check your free flap for a Doppler signal every 4 hours. 	<ul style="list-style-type: none"> Your feeding tube will be removed if you can get enough nutrition from eating and drinking. Your nurse will change your donor site dressing. Your nurse will check your free flap for a Doppler signal 2 times today.
What medications will I take?	<ul style="list-style-type: none"> Pain medication through your feeding tube (as needed) Daily medications 	<ul style="list-style-type: none"> Oral pain medication (as needed) Daily medication
Which team members will I see?	<ul style="list-style-type: none"> Case manager Speech and swallow therapist Dietitian 	<ul style="list-style-type: none"> Speech and swallow therapist Dietitian
What should I do?	<ul style="list-style-type: none"> Start planning your home care with your case manager. They will talk with you about your caregiver, medical supplies, and other changes you may need to make at home. You may start drinking liquids. Suction your laryngectomy stoma as needed. Clean your laryngectomy tube every 4 hours. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 4 or more laps around the nursing unit. A staff member will help you. 	<ul style="list-style-type: none"> Learn how to care for your drain(s) and dressing(s). Your nurse will teach you. Suction your laryngectomy stoma as needed. Clean your laryngectomy tube every 4 hours. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 4 or more laps around the nursing unit. A staff member will help you.

	9 Days After Surgery	10 Days After Surgery (Day of Discharge)
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> Your portable operated suction machine should be delivered to your hospital room. Your nurse will change your donor site dressing. Your nurse will check your free flap for a Doppler signal 2 times today. 	<ul style="list-style-type: none"> Make sure you have your portable suction machine with you when you leave the hospital. A staff member will review your discharge instructions with you. Your nurse or case manager will give you supplies to take home. Other supplies will be delivered to your home. Your nurse will change your donor site dressing. You will leave the hospital with your laryngectomy tube in your laryngectomy stoma. You may leave the hospital with tubes and drains in your incision.
What medications will I take?	<ul style="list-style-type: none"> Oral pain medication (as needed) Daily medication 	<ul style="list-style-type: none"> Oral pain medication (as needed) Daily medications Your doctor will give you prescriptions for medications to take at home.
Which team members will I see?	<ul style="list-style-type: none"> Case manager 	<ul style="list-style-type: none"> Discharge pharmacist
What should I do?	<ul style="list-style-type: none"> Finish planning your discharge with your caregiver and case manager. Make sure you have a ride home after discharge. Review how to care for your drain(s) and dressing(s). Suction your laryngectomy stoma as needed. Clean your laryngectomy tube every 4 hours. Do coughing and deep breathing exercises 10 times each hour you're awake. Sit in your chair for most of the day. Walk 4 or more laps around the nursing unit. A staff member will help you. 	<ul style="list-style-type: none"> Plan to leave the hospital by 11:00 AM. Gather your belongings in the morning. Review how to care for your drain(s) and dressing(s). Suction your laryngectomy stoma as needed. Clean your laryngectomy tube every 4 hours. Do coughing and deep breathing exercises 10 times each hour you're awake. Spend most of your day out of bed. Walk as often as you can.

After Discharge	
What tests, procedures, and medical devices should I expect?	<ul style="list-style-type: none"> • If you go home with tubes or drains, they will be removed at your follow-up appointment.
What medications will I take?	<ul style="list-style-type: none"> • Oral pain medication (as needed) • Stool softeners (as needed) • Other prescription medications, if needed • Daily medications
Which team members will I see?	<ul style="list-style-type: none"> • You will have a follow-up appointment with your Head and Neck surgery and Plastic surgery team 1 week after discharge.
What should I do?	<ul style="list-style-type: none"> • Follow the instructions in your surgical guide. • Call your surgeon's office if you have any questions or concerns. • Don't drive until your surgeon says it's safe, especially if you're taking pain medication.

Notes:

Activity and Recovery Log

Use this log to track your recovery after your surgery.

	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery	4 Days After Surgery
<p>Moving & Walking</p> <p>Check 1 box each time you walk 1 lap around the nursing unit.</p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 1 lap or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 1 lap or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 2 to 3 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 3 to 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>Coughing & Deep Breathing</p> <p>Check 1 box for each hour you cough and breathe deeply 10 times.</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>
<p>Caring for Your Laryngectomy Stoma & Tube</p> <p>Check 1 box each time you remove and clean your laryngectomy tube.</p>	X	X	X	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>

	5 Days After Surgery	6 Days After Surgery	7 Days After Surgery
<p>Moving & Walking</p> <p>Check 1 box each time you walk 1 lap around the nursing unit.</p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>Coughing & Deep Breathing</p> <p>Check 1 box for each hour you cough and breathe deeply 10 times.</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>
<p>Caring for Your Laryngectomy Stoma & Tube</p> <p>Check 1 box each time you remove and clean your laryngectomy tube.</p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>

Notes:

	8 Days After Surgery	9 Days After Surgery	10 Days After Surgery
<p>Moving & Walking</p> <p>Check 1 box each time you walk 1 lap around the nursing unit.</p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Move from your bed to your chair 3 times</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goal: Walk 4 laps or more</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>Coughing & Deep Breathing</p> <p>Check 1 box for each hour you cough and breathe deeply 10 times.</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>	<p>Goal: 10 times each hour</p> <p><input type="checkbox"/> 6 AM <input type="checkbox"/> 7 AM <input type="checkbox"/> 8 AM <input type="checkbox"/> 9 AM <input type="checkbox"/> 10 AM <input type="checkbox"/> 11 AM <input type="checkbox"/> 12 PM <input type="checkbox"/> 1 PM <input type="checkbox"/> 2 PM <input type="checkbox"/> 3 PM <input type="checkbox"/> 4 PM <input type="checkbox"/> 5 PM <input type="checkbox"/> 6 PM <input type="checkbox"/> 7 PM <input type="checkbox"/> 8 PM <input type="checkbox"/> 9 PM <input type="checkbox"/> 10 PM</p>
<p>Caring for Your Laryngectomy Stoma & Tube</p> <p>Check 1 box each time you remove and clean your laryngectomy tube.</p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Goal: Every 4 hours</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>

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