

Helping you adjust

It can be very hard to adjust to life without a larynx. The Provox FreeHands HME is designed to make it a little easier. Hands-free speech. Simpler cough-relief. More comfortable breathing.

The Provox FreeHands HME consists of two main parts:

- An automatic, reusable Multi-Magnet Valve System that helps keep the valve closed the whole time you are speaking. Another valve opens and closes automatically whenever you cough.
- A disposable heat and moisture exchanger (HME) cassette that gives you greater breathing comfort by filtering and

conditioning (moisturizing and warming) the incoming air. It also protects the valve unit from secretions and provides a good level of airflow resistance for raising blood oxygen levels (too low levels can make you feel tired).

The Provox FreeHands HME system is designed for simple and comfortable daily use. It can be attached to a Provox Adhesive base plate or a Provox LaryTube cannula with ring.



Barely noticeable

- Small size.
- Transparent.
- Side air vents.

Simple to use

- Automatic speaking function – just turn it on or off.
- Comfortable, safe cleaning and storage.
- No expensive special cleaners.

QUESTIONS & ANSWERS

What makes the Provox FreeHands HME different?

The Provox FreeHands HME is not just another tracheostoma valve. It's a valve system that is combined with a heat and moisture exchanger that reduces sputum production and coughing, which can mean more comfort and a higher quality of life.

It is designed for simple use and maximum user comfort. To achieve this, many technical features are built in.

Can I use the Provox FreeHands HME?

Ask your clinician before you buy one! [Note to clinicians: The Provox FreeHands HME can be used by patients who have a

TE-fistula with a voice prosthesis and talk well enough with manual tracheostoma occlusion. Contraindications for the use of an automatic valve include problems with prosthetic voice rehabilitation, certain pulmonary diseases, allergies, hypersensitivities, stomatal and skin problems.]

How do I get started?

Let your clinician fine-tune the new valve to your specific needs and show you how to use it. Make sure you understand it clearly!

How do I attach the valve to the stoma?

You can use a Provox Adhesive base plate or combine the base plate with a LaryTube

cannula (the blue ring version), where you can plug in the valve. Choose the Provox Adhesive base plate that best suits your skin type and stoma shape. "FlexiDerm Oval" is one of the most popular.

Should I prepare my skin in any way before applying a base plate?

Clean skin is very important. Remove any remaining adhesive with Remove™ tissues and clean the skin with Provox Cleaning Towels. Carefully washing the skin around the stoma with mild soap and water can also help. Use Skin-Prep™ to protect the skin and enhance the base plate attachment. For an extra strong seal, also use Provox Silicone Glue.

After each step, let the skin dry thoroughly!

Do I need to do anything else before or during use?

Just click a new HME cassette into the valve and make sure it's tightly connected. You have to push fairly hard so it will stay in place once it's connected. During use, you only have to think about two valve positions: "On" and "Off". "On" is the automatic speaking position for normal breathing and speech. "Off" allows higher airflow and is used during hard physical activity.

Read the Instructions for Use! If there's something you don't understand, ask your clinician!

Can I cover the Provox FreeHands HME with clothing?

Yes! The Provox FreeHands HME has side openings for breathing and the cough-relief valve needs only little space to open. But make sure you can always reach the valve in case you have to remove it quickly.

When shouldn't I use an automatic valve?

If your clinician recommends that you don't (also see the Instructions for Use). Otherwise, you only have to take it out for sleeping.

When not using the automatic valve, you can leave the base plate in place and just replace the valve with an usual Provox HME

[1] The Adjustable Cough-relief Valve

The force needed to open the cough-relief valve can be individually adjusted so that the valve will remain closed during speech, but open immediately for coughing.

[2] The Multi-Magnet Valve System

By turning the housing of the Provox FreeHands HME, you turn the automatic function on or off. The ON position is used for normal breathing and hands-free speech. The OFF position turns off the hands-free speech, allowing heavier breathing during physical exercise. It is all controlled by the Multi-Magnet Valve System.

The core of the system is a curved elastic membrane. When the valve is in the ON position, the membrane unrolls when air is exhaled, closing the side openings of the valve and re-directing the airflow through the voice prosthesis for speech.

The device is supplied with three – easy to replace – membranes to match individual needs.

[3] Valve Design

All details are designed to be as discreet as possible: the small size, the transparent color, the side openings.

Thanks to the side openings, the device can be covered with clothing, thus adding to the discretion.

[4] Full heat and moisture exchanger (HME) under the valve

When air is exhaled, water vapor condenses into the HME. When air is inhaled, it evaporates again into the inhaled air. The heat and moisture that are "hidden" in the exhaled air are thus partly returned to the airways. After a total laryngectomy, this particular function of the upper airway (nose, mouth, throat) is lost. For this reason, the use of an HME has proven to be very effective against problems such as excessive coughing and sputum production.

[5] Several attachment choices

There are three types of Provox Adhesive base plates, each of which is available in oval and round shape:

FlexiDerm

Preferred for its strong, flexible adhesive properties.

OptiDerm

A hydrocolloid version specially designed for sensitive skin.

Regular

A standard adhesive, easy to remove.

To further strengthen the attachment to the stoma, a LaryTube soft silicone cannula is sometimes used together with the adhesive base plate. This combination helps to absorb pressure on the base plate during speech and prevent the base plate from loosening.

Note:

Before use, a simple control of the device is performed by the clinician, who also shows you how to use it.

[1]

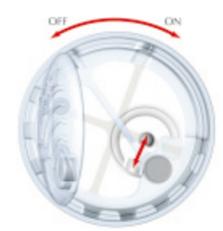


Magnets in the valve housing and lid keep the cough-relief valve closed.



Turning the screw alters the magnet distance and thus the force needed for opening.

[2]



By means of a simple rotation, the automatic speech valve function is turned ON or OFF.



When the membrane is unrolled, it locks to a magnet in the housing, thus keeping the valve closed for speech.

[3]



The large side openings allow for high airflow and wearing comfort.



The valve is closed airtight by the internal membrane.

[4]



The special HME cassette fits snugly within the valve, creating an airtight seal. After use, it must be removed for disposal (at least once a day).



Since the HME is placed under the valve, it also protects the valve from secretions.

[5]



Provox Adhesive base plates make it easy to attach Provox FreeHands HME and manually operated Provox HME Cassettes to the stoma.



If a tracheal cannula is needed, the Provox LaryTube allows for combination.