

## **CHECKLIST OLFACTION REHABILITATION**

### **Pre-operative**

- Discuss and explain the decreased sense of smell following total laryngectomy;
- Allow patient to determine his/her own sense of smell and taste;
- Odour test or assessment, discuss and make note of the scores;
- Discuss the possibility of olfaction rehabilitation, and the starting moment.

### **Post-operative**

- Explain the importance of olfaction;
- Allow patient to determine his/her own sense of smell and taste;
- Odour test or assessment, discuss and make note of the scores;
- Discuss the patient's olfaction behaviour and compare with the polite yawning technique;
- Show components of the polite yawning technique by example;
- Allow the patient to perform the movements and correct when necessary;
- Choose the nostril with the best nasal airflow;
- Practice with the manometer (watch the direction, movement and height of the liquid);
- Give the patient the brochure and manometer to take home;
- Practice with exercise and everyday odours;
- Practice the refined polite yawning technique;
- Practice the polite yawning technique and possibly the refined technique often and at regular times during the day to get the technique automated;
- Allow patient to determine his/her own sense of smell and taste;
- Odour test or assessment, discuss and make note of the scores;
- Evaluate the result of the olfaction rehabilitation, together with the patient.