

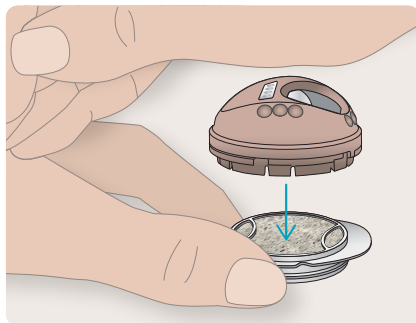
Provox FreeHands FlexiVoice is a speaking valve that works with a heat and moisture exchanger (HME) allowing you to speak hands-free or with finger occlusion.

Getting started using Provox FreeHands FlexiVoice and Provox Life FreeHands HME

- Work with your clinician to select the best membrane strength.
- Medium strength is the most common.
- You may need more than one membrane strength depending upon your activity level.

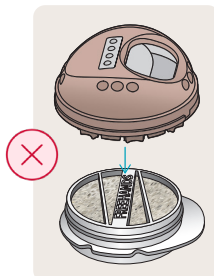


1 Place

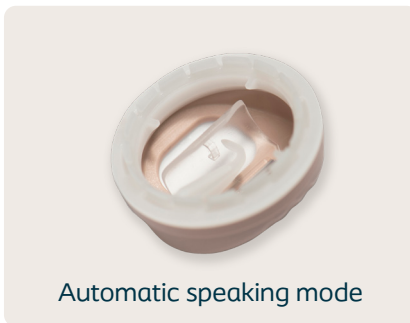


Place FreeHands FlexiVoice onto Provox Life FreeHands HME.

- Make sure the **open foam side is facing up**.
- The side of the HME that says "FlexiVoice" should be facing down.



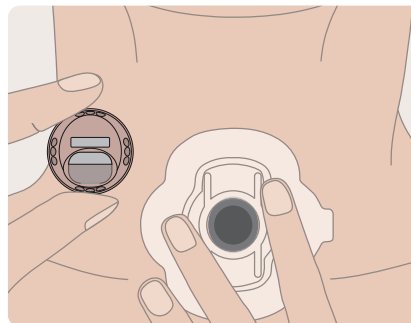
2 Prepare speaking valve



Prepare the speaking valve.

- Place your fingers on the edge and turn the FreeHands FlexiVoice.
- Make sure the hook moves **OUT** of the loop.
- Now the FreeHands FlexiVoice is prepared for speaking hands-free.

3 Insert



Insert the FreeHands FlexiVoice with the HME attached into your Provox Life attachment (Provox Life LaryTube with Ring or Provox Life adhesive).

Tip: Provox Life Stability Adhesive is specifically designed for hands-free speech.



Clinician's Notes:

FreeHands FlexiVoice membrane strength (circle one):

● Light ●● Medium ●●● Strong ●●●● Xtra Strong

Attachment for speaking hands-free:

Practice instructions for speaking hands-free:

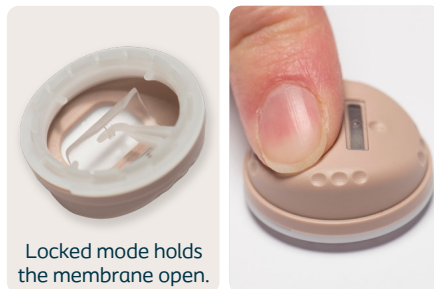
4 Practice speaking hands-free



Practice speaking hands-free.

- Breathe in normally.
- Breathe out and start speaking.
- Count from 1-10.
- Say the days of the week.
- Recite the months of the year.

5 Practice locking membrane



Practice locking the membrane.

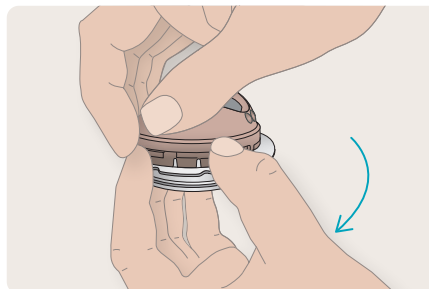
- Place your fingers on the edge and turn the FreeHands FlexiVoice.
- Make sure the hook moves IN to the loop.
- Locked mode allows you to return to speaking via manual occlusion without the removal of FreeHands FlexiVoice by covering the opening with your finger.



Provox FreeHands FlexiVoice Arch

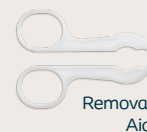
Tip: You can use the FreeHands FlexiVoice Arch to change from speaking to locked mode. It also helps to keep clothing away from the opening on the FreeHands FlexiVoice.

6 Remove valve after 24 hours



After 24 hours, **remove** the speaking valve from HME.

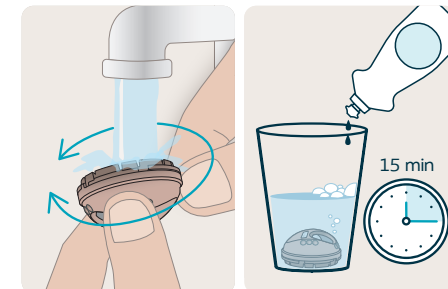
Tip: Press your thumb against the tab of the HME to separate it from the FreeHands FlexiVoice. You can also use the removal aid.



Removal Aid

IMPORTANT: Do not wear your FreeHands FlexiVoice when you sleep.

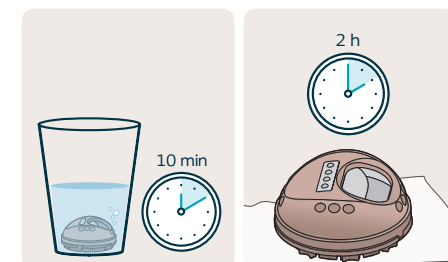
7 Clean and disinfect



Clean and disinfect the FreeHands FlexiVoice daily.

To clean:

- Remove the HME from the FreeHands FlexiVoice.
- Rinse with warm water for 2 minutes.
- Soak in soapy water for 15 minutes, then rinse.



To disinfect:

- Remove the HME from the FreeHands FlexiVoice.
- Soak in alcohol (isopropyl or ethanol 70%) for 10 minutes.
- Rinse and dry for 2 hours.
- **Do not boil or use hydrogen peroxide.**

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