

## 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.