

Care of Your Tracheostomy Stoma After Tube Removal

When a tracheostomy tube is removed, the opening or hole left in your neck is called a “stoma”. Your stoma should be covered with a dressing to help it heal. A dressing also protects your stoma and keeps mucus and secretions from coming out. Your stoma should heal and close over time.

Here is important information about how to take care of your stoma until it heals and closes completely.

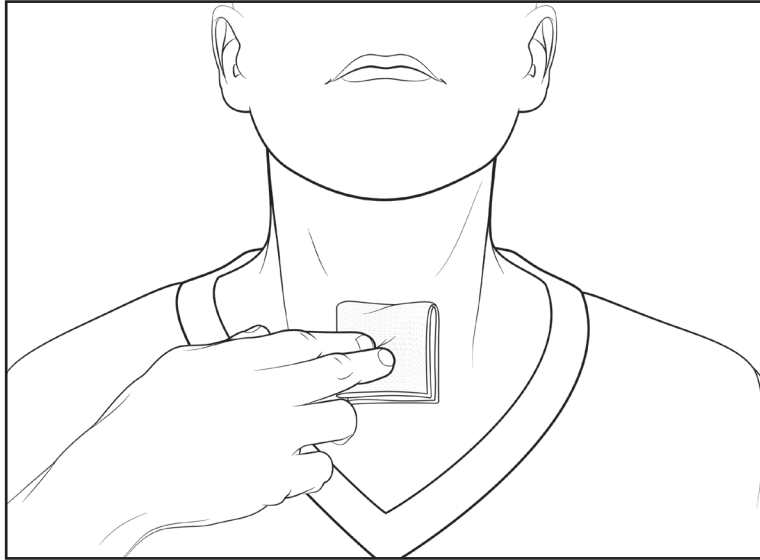
Steps to Follow for a Dressing Change

- Organize your supplies.
 - ▶ Clean washcloth
 - ▶ Warm water and soap
 - ▶ Cloth or silk tape
 - ▶ Gauze pad
- Wash your hands.
- Remove the old dressing and throw it away.
- Gently wash the skin around your stoma with soap and warm water. Remove all the dry and crusted discharge that you find in this area.
- Tear 2 pieces of 1 inch wide cloth or silk tape. Each piece of tape should be about 3 inches long.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

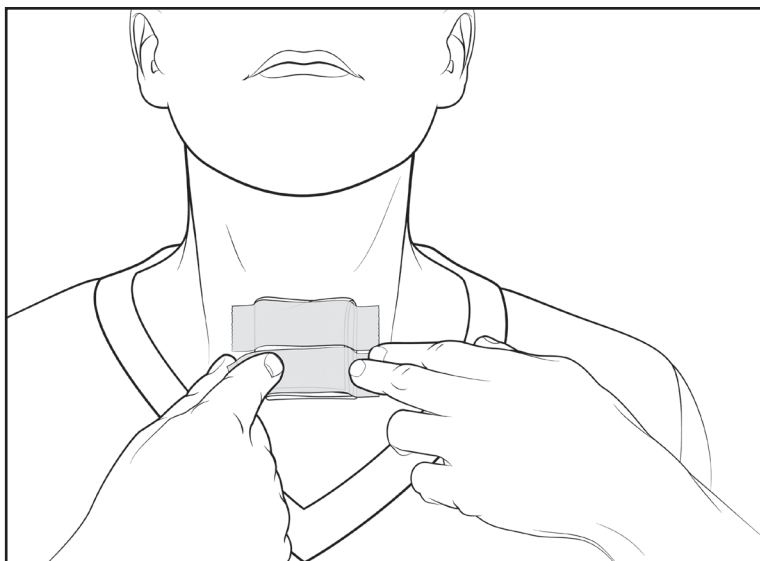
How to Put on the Gauze Dressing

- Take one 4x4 gauze pad and fold it in half, then fold it in half again to make a small square.
- Put the square piece of gauze over your stoma to completely cover the stoma opening.

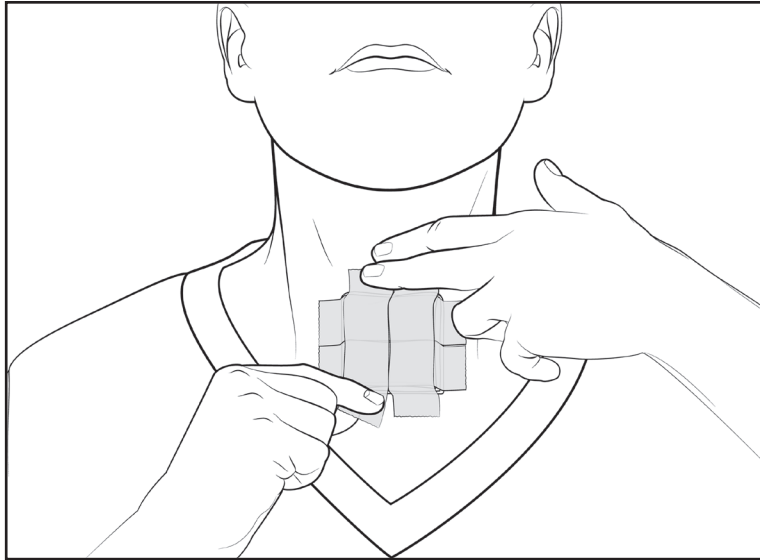


How to Tape the Gauze Dressing

- Put the first piece of tape over the gauze. Pull the tape firmly over the gauze. Press the tape down on to your skin.
- Put the second piece of tape right below the first piece of tape to firmly hold the gauze square in place.



- If needed, use two extra pieces of tape to secure the gauze in place. The last two pieces of tape should be placed up and down, next to each other.



Important Things to Remember

- Change your dressing and tape every day.
- The dressing and tape should be dry and clean.
- Cover your stoma dressing with a washcloth to keep pressure on it when you talk, cough or strain to move your bowels.
- If your skin becomes irritated or sore, leave the dressing off for a few hours until your skin is dry and feels better. If this does not work, call your doctor.
- Keep your stoma covered with the gauze dressing until it closes and has completely healed.