

Tracheostomy Care with Non-disposable Inner Cannula - The James

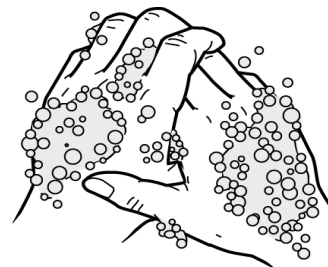
Tracheostomy care is done to keep the tracheostomy tube and skin around the stoma clean and dry. This helps the stoma site to heal and reduces the chance of infection. Do your tracheostomy care twice each day or more often if needed.

Supplies

- 2 clean basins or bowls or trach care kit
- Water
- Brush or pipe cleaners (may be in trach care kit)
- Tweezers
- Cotton swabs, like Q-tips
- Paper bag
- Wash cloth or 4x4 gauze sponge (may be in trach care kit)
- **3% hydrogen peroxide (Optional - only to be used if the tracheostomy has dried, thick, or bloody secretions)**

Follow These Steps

1. Gather your supplies.
2. Wash your hands.
3. Pour water into a small bowl.
4. If you use a dressing around the trach, remove the old dressing. Throw it out in the paper bag.



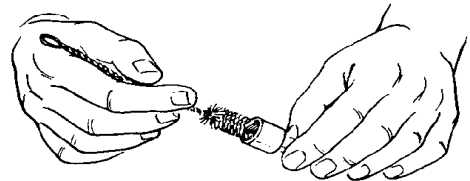
This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

5. Remove the inner cannula.

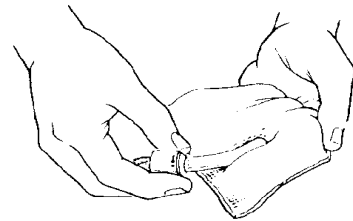
- Hold the neck plate securely with one hand.
- Pinch in on sides of inner cannula.
- Gently remove the inner cannula using a downward motion. Place the inner cannula in the bowl with the water.

Note: Not all inner cannulas are removed as above. Check with your nurse if your trach is different.

6. Use a brush or pipe cleaners to clean the inner cannula with water.



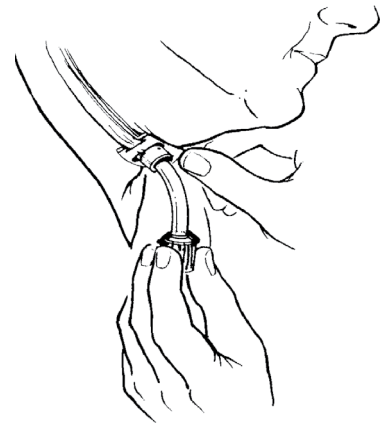
7. Dry the inner cannula with pipe cleaners and a gauze pad. Look at the inner cannula closely to make sure it is clean and remove any gauze threads.



8. Put the clean inner cannula back in.

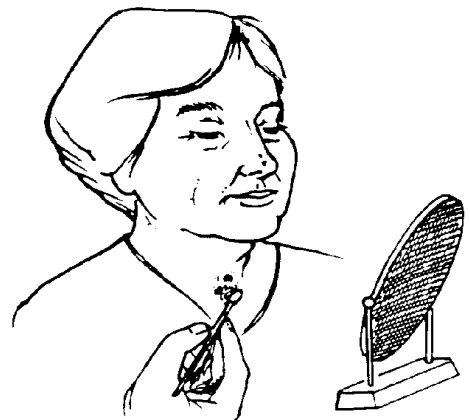
- Hold the neck plate securely with one hand.
- Gently insert the inner cannula with a curved motion.

Note: Not all inner cannulas reinsert as above. Check with your nurse if your trach is different.



9. Suction to remove secretions if needed.

10. Clean the skin around the trach stoma using a cotton swab moistened with water. Clean from the edge of the stoma outward. Use a new swab for each stroke.

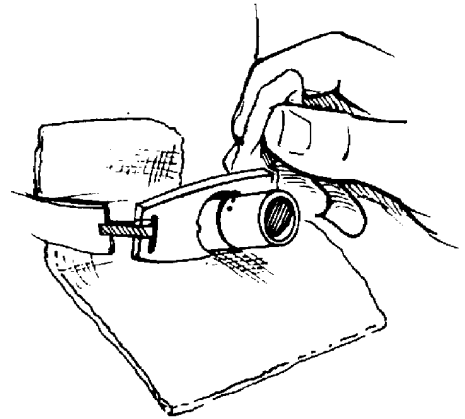


11. Clean the neck plate using gauze or cotton swabs moistened with water.

12. Change your trach ties or trach holder if it is dirty.

13. If needed, place a clean pre-cut trach dressing around the trach site.

- With one hand, hold the trach tube securely.
- With your other hand, bring the trach dressing around each side of the trach tube and under your neck plate. Tweezers may be used to bring the dressing around each side of the trach tube.



14. Clean, dry, and put away all supplies.

15. Wash your hands.



Follow These Steps: tracheostomies with dried, thick, or bloody secretions

If you have dried, thick, or bloody secretions, you may need to use a mixture of equal parts of 3% hydrogen peroxide and water to clean the inner cannula and around the trach stoma. Follow the same trach care steps above and substitute with a hydrogen peroxide solution for best results. To prepare the hydrogen peroxide and water solution, follow the steps below:

1. Pour equal amounts of 3% hydrogen peroxide and water into a bowl. Pour only water into a second bowl.
2. After removing your inner-cannula, place in the bowl with the hydrogen peroxide mixture. Clean with brush or pipe cleaners and rinse in the bowl with water to remove any hydrogen peroxide.
3. When cleaning around the trach stoma, start by using a cotton swab moistened with hydrogen peroxide and water. Then, rinse the hydrogen peroxide off with water.