

### **Tracheostomy Care – Trach cares and changing the trach ties**

Change the tracheostomy ties daily or more often if they become wet or dirty. Requires two trained caregivers

#### **Clean the skin around the stoma and change the tracheostomy ties as follows:**

1. Wash your hands with soap and water for 20 seconds
2. Gather supplies and place them where they can be easily reached.
3. Supplies Needed:
  - a. Current size and smaller size tracheostomy tubes, in case of emergency
  - b. Blanket roll to place under shoulders, if needed
  - c. Swaddle blanket, if needed
  - d. Clean tracheostomy tube ties, cut to size
  - e. Scent free and dye free soap
  - f. Distilled water
  - g. 3: 4x4 gauze (1-soapy/wet, 1-wet, 1-dry)
  - h. 3: Cotton swabs (1-soapy/wet, 1-wet, 1-dry)
  - i. New Trach pants: to place in between tracheostomy tube and skin
4. Remove your child's clothing from around his/her neck and shoulders
5. Position your child on his/her back with a blanket roll under their shoulders (if needed) and swaddle if needed
6. One caregiver holds tracheostomy tube in place
7. Second caregiver removes tracheostomy ties and old trach pants
8. Second caregiver: Using the C-method: Wash, rinse and dry each side of stoma with cotton swabs (Check the skin around the stoma for granulation tissue, redness, cracks in skin or bleeding)
9. Attach a clean tie to each side of the tracheostomy tube
10. Place trach pants under tracheostomy tube flange
11. Second caregiver: wash, rinse and dry neck with 4x4 gauze: check the neck for redness, cracks in skin or bleeding
12. Attach a clean tie to each side of the tracheostomy tube
13. Fasten the ties securely (The ties should be tight enough that one finger can fit between the tie and your child's neck, check each side of neck)

#### **Safety Precautions:**

•Stop tracheostomy care cleaning if your child has respiratory distress or becomes overly agitated

\*Have current and size smaller tracheostomy tube easy to access in case of emergency

**\*If you have questions or concerns about your child's tracheostomy please call: \_\_\_\_\_**

**\*Call 911 for an emergency**