



RankenJordan.
PEDIATRIC BRIDGE HOSPITAL

Tracheostomy Stoma Care (Trach Care)

Why it is important to do Tracheostomy Care?

In order to reduce the chance of infection it is vital that routine tracheostomy care is performed. Regular tracheostomy tie change and care may help reduce neck irritation, skin breakdown, redness, granulation, and drainage.

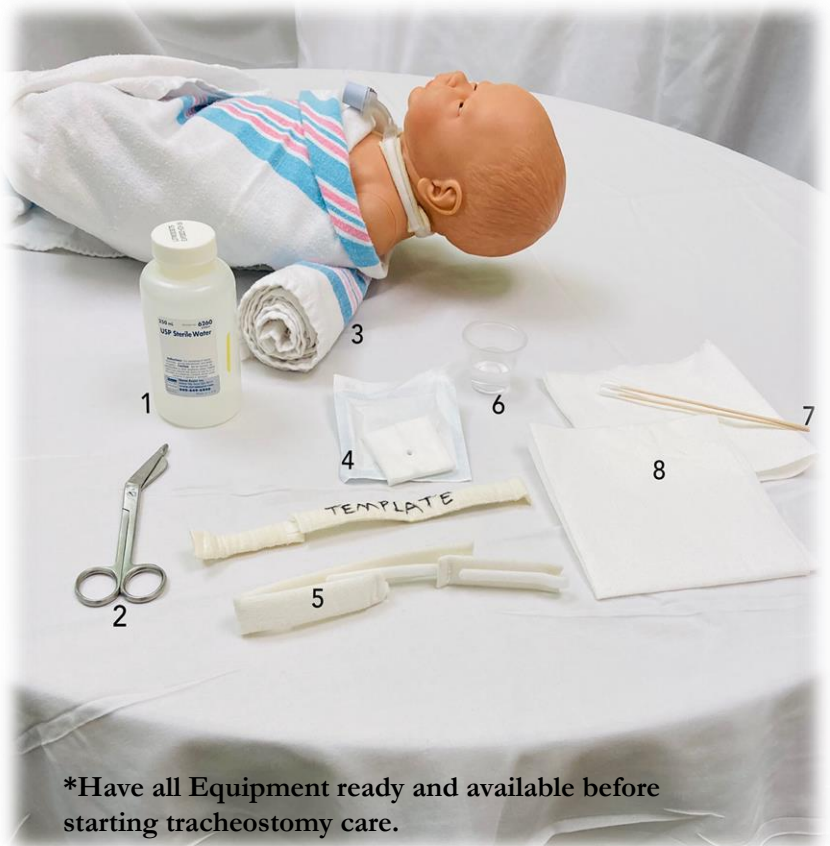
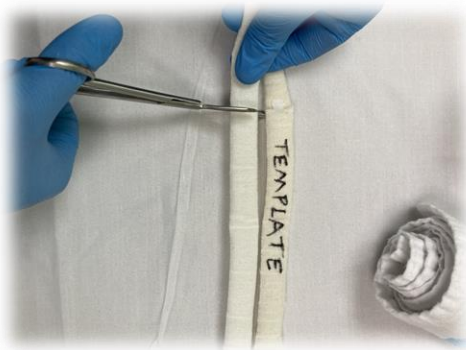
How often should I do Tracheostomy Care?

- Daily.
- More frequent if:
 - Skin becomes irritated.
 - Dressing or ties are visibly soiled or wet.

Equipment needed:

Always have essential equipment (spare tracheostomy tubes, oxygen, suction, resuscitation bag and mask) in the event of decannulation.

1. Sterile Water
2. Scissors
3. Shoulder roll
4. Stoma dressing
5. Trach ties (with template)
6. Small water cup
7. Cotton Swab, Q Tip
8. Gauze or clean wash rag



Be sure to precut trach ties before doing the tie change!

***Have all Equipment ready and available before starting tracheostomy care.**

Steps for cleaning the stoma



1

Place the child on their back with a rolled blanket or towel under their shoulders.

Swaddling your baby or young child will help make them feel secure and keep their hands away from stoma.



2

Put gloves on.



3

Hold. Two trained caregivers are needed for stoma care. Have one person hold the tracheostomy tube while the other person removes the ties and dressing.

*Never let go of the trach for any reason.



4

Undo velcro on both sides and remove trach tie from under the trach flanges.

*Remove stoma dressing at this point. (if applicable)



5

Wet a Qtip in the sterile water. While keeping the trach in place, clean around the stoma site. Be sure to start at the stoma and then wipe downward.

Repeat process until the stoma is cleaned satisfactorily.



6

Use a new **dry** Qtip or cotton swab to around the stoma.

Repeat process until the stoma is cleaned satisfactorily.



7

Use a **wet**, clean, soft washcloth or wet gauze to the remaining neck area. Start at the flange and wipe away in a downward fashion.

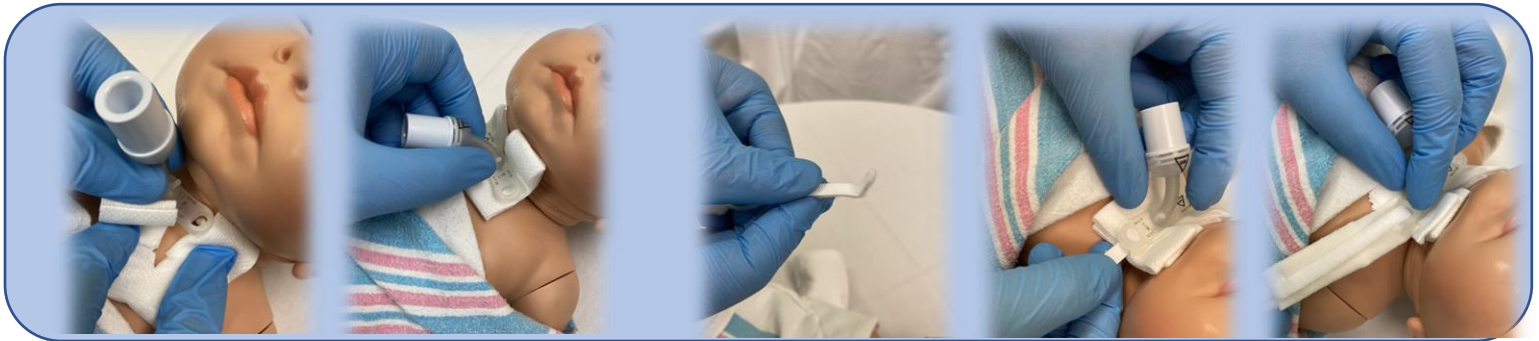
8

Use a **dry**, clean, soft washcloth or wet gauze to the remaining neck area. Start at the flange and wipe away in a downward fashion.

9

Apply medicine to the neck (as ordered by doctor) and/or barrier. Stop when you reach the flange of the trach tube.

***Be sure to inspect the site and make note of any redness, irritation, or**



10

Place new dressing around the trach tube under the trach flanges.

11

Fold the end of the Velcro trach ties to make it easier to fish through the trach flange.

12

Secure the tracheostomy tube to the neck using the Velcro ties.



13

Fasten the other Velcro tie through the trach flange.

14

Make sure the Velcro is in the middle of the ties to avoid irritation and rubbing.

15

Check both sides of the neck for proper tightness. One finger should fit between the tracheostomy tie and neck.

Abnormalities to Look for When Doing Trach Care on Your Child



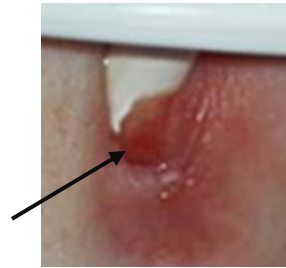
Ties too tight causing pinching around the trach flange.



Ties too tight causing redness around the neck. Typically, you may apply a barrier cream to affected area.



Normal tracheal stoma



Granulation tissue. Notify your doctor as this could make reinserting the trach more difficult!