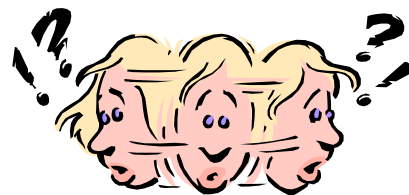




## How to Clean a Tracheostomy Stoma and Inner Cannula (Trach Care)

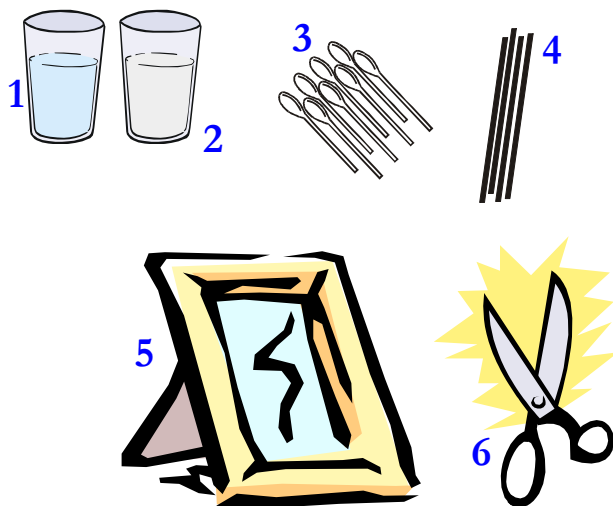
### THIS HOME PROCEDURE WILL TELL YOU:

1. What you will need.
2. Why to do trach care.
3. When trach care should be done.
4. How to do trach care.
5. What to do if something goes wrong.
6. What else you need to know.



### WHAT WILL I NEED?

1. **Cup 1** filled with ½ cup water and ½ cup hydrogen peroxide
2. **Cup 2** full of normal saline
3. 8 cotton tip swabs
4. 4 pipe cleaners
5. Mirror
6. Scissors
7. Trach ties

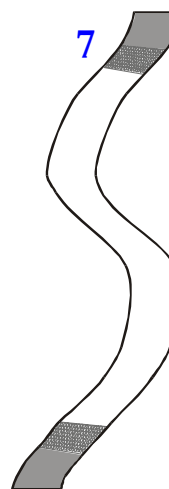


### WHY DO I DO TRACH CARE?

1. To prevent tracheostomy stoma infections.
2. To keep trach tubes with inner cannulas from plugging.

### WHEN SHOULD I DO TRACH CARE?

1. Every day.
2. If you have pain or drainage from your stoma, do it 2 - 3 times a day.



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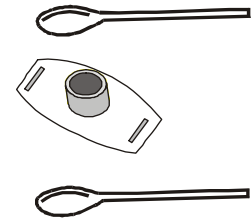
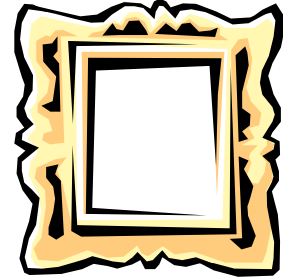
# HOW DO I DO TRACH CARE?

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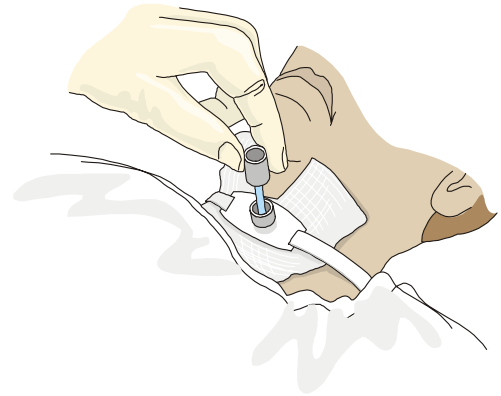
1. Wash your hands.
2. Put 4 swabs in the cup of **hydrogen peroxide (Cup 1)**.
3. Put 4 swabs in the cup of **normal saline (Cup 2)**.

4. Clean stoma.
  - a. Use mirror to see your stoma.
  - b. Using swabs from **Cup 1** (with hydrogen peroxide) clean around stoma.
  - c. Throw away used swabs.
  - d. Using swabs from **Cup 2** (with normal saline) rinse area around stoma.
  - e. Repeat rinsing until you do not see any foam around stoma.

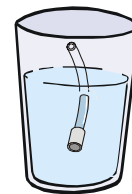


5. Inspect stoma for redness or change in drainage.
6. If you have an inner cannula:

- a. Hold the outer cannula with one hand to steady it.
- b. Using your other hand, unlock and remove the inner cannula.
- c. Place the inner cannula in **Cup 1** (with hydrogen peroxide) and let sit for **2** minutes.



- d. Remove the inner cannula from **Cup 1**.



**Cup 1**  
with hydrogen peroxide

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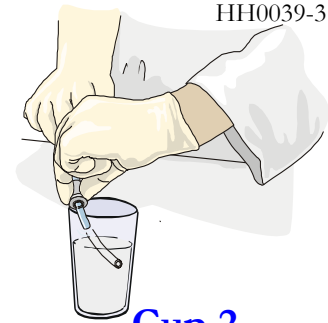
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e. Take 2 pipe cleaners and push them through the inner cannula.  
Repeat as needed to remove all mucus.

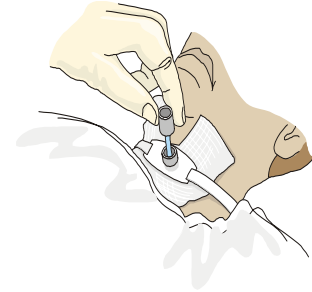
f. Place the inner cannula into **Cup 2**  
(with normal saline) to rinse.



**Cup 2**  
with normal saline

g. Suction the outer cannula (see How to Suction Through a Tracheostomy Tube).

h. Take the inner cannula out of **Cup 2** and shake off water.



i. Put the inner cannula back into the outer cannula. Turn the top to lock it.

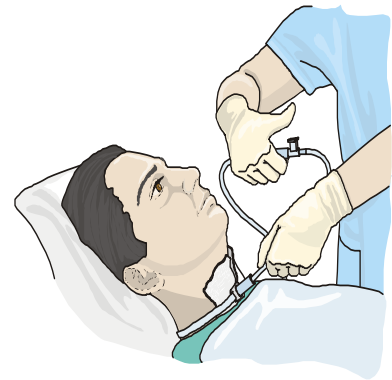
7. Inspect the trach tie. Change it if soiled.  
You will need an assistant:

a. Hold the trach in place.

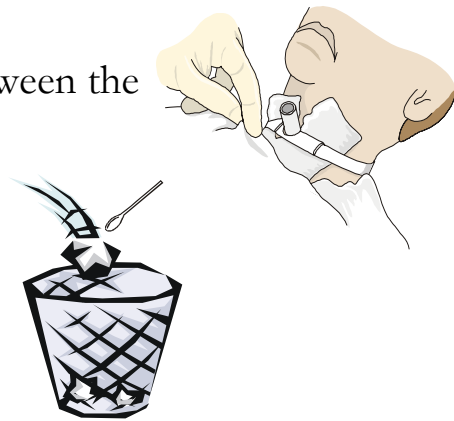
b. Have your assistant remove the old trach tie.

c. Continue to hold the trach while your assistant replaces the trach ties.

d. Tighten trach tie.  
Make sure only 2 fingers can fit between the ties and your neck.



8. Throw away cups, swabs, pipe cleaners, and old trach tape.



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## **HOW DO I KNOW IF SOMETHING IS WRONG?**

Your tracheostomy stoma:

- Is swollen.
- Has an increased amount of drainage.
- Has drainage with changed color.
- Is more red than usual.
- Is painful.

## **WHAT DO I DO?**

If you see any of the problems,  
increase frequency of trach care to 3 times a day and  
call: \_\_\_\_\_



## **IS THERE ANYTHING ELSE I NEED TO KNOW?**

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## **IF YOU HAVE QUESTIONS, CALL:**

\_\_\_\_\_ **Monday - Friday, 8:00 AM - 4:00 PM.**  
At nights, on weekends, and holidays call, **(562)401-7111.**



**Disclaimer:** Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

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