

Creative Ad-Hoc Flyers



Taking Care of Your Tracheostomy

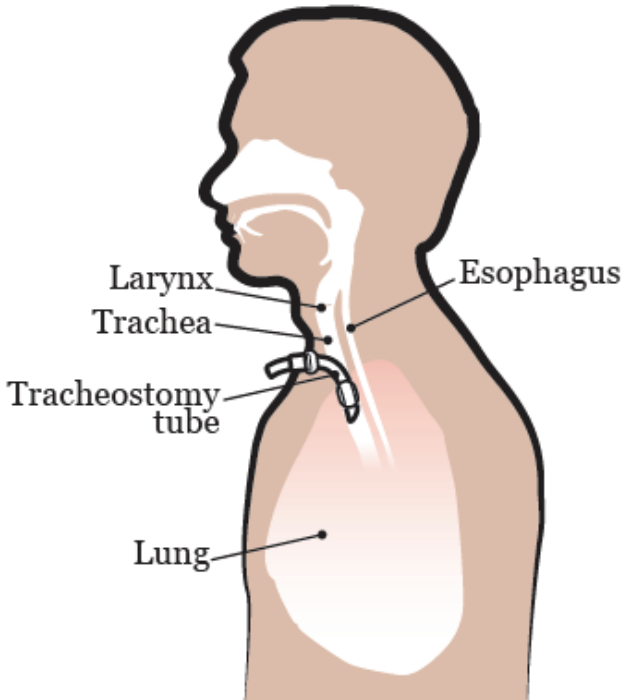
Your trachea (windpipe) is part of your respiratory system. It's about 4 ½ inches long and is at the front of your neck.

About your tracheostomy

The tracheostomy is the opening at the front of your neck. Your tube is placed in this opening and into your trachea to help you breathe.

There are three parts of your tracheostomy:

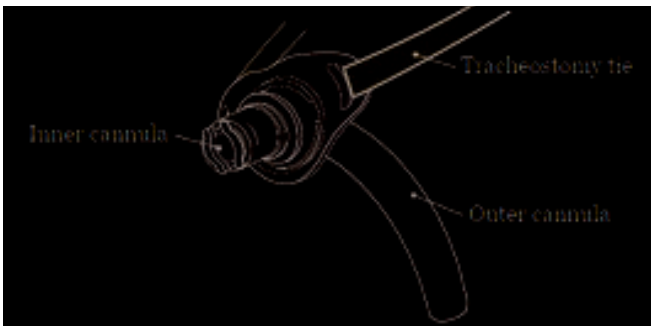
- An outer cannula: the outer tube of your tracheostomy that always stays in place. This keeps your tracheostomy from closing.
- An inner cannula: the tube inside the outer tube that can slide in and out. You'll change the inner cannula twice a day.
- A tracheostomy tie: bands that goes around your neck and connect to the outer cannula. These bands hold your tracheostomy tubes in place.



Caring For Your Tracheostomy

It is important to take proper care of your tracheostomy. While you are in the hospital, your nurse will teach you how to care for your tracheostomy. The nurse or your doctor will also talk to you about how often to clean your tracheostomy. Some important steps to remember are to:

- Suction your tracheostomy tube
- Clean the suction catheter
- Replace the inner cannula
- Clean your skin around your tracheostomy
- Moisturize the air you breathe



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