

Transcript

As you live with your tracheostomy, you will need to take good care of the area to protect your breathing. If you have a reusable inner cannula, this includes cleaning it on a regular basis.

In the hospital, trach care will be done often. At home, your healthcare provider will instruct you on how many times you need to perform trach care, but you should clean the inner cannula at least once a day. If you are doing this yourself, always follow the specific instructions provided by your healthcare provider. Here are some general things to keep in mind.

You, or anyone else coming into contact with your trach, must wash their hands thoroughly with soap and warm water or use an alcohol based hand sanitizer. Wear gloves to avoid infection.

Remove the inner cannula and clean it with sterile saline or sterile water. Scrub the inside and outside with a trach cleaning brush making sure all mucus or secretions have been removed. You don't want any build-up to block your airway. Rinse it, dry it and put it back into your outer cannula, locking it in place.

Throw all of your used disposable supplies into a plastic bag and discard them.

If you have any questions about how best to clean your inner cannula, the supplies you need, or if you notice any signs of irritation or infection, contact your healthcare providers. They are there to help.