

Step-by-Step: Cleaning Your Tracheostomy

Cleaning Your Tracheostomy.

Collect your supplies and put them on a clean cloth: trach tube brush; gauze pads; cotton swabs; precut gauze pad; sterile saline solution; clean ties if needed; and disposable gloves.

Also have emergency supplies on hand: manual ventilator bag, suctioning device with catheter, obturator in your size, and an extra trach tube.

Wash your hands with soap and water for at least 20 seconds.

Put on clean disposable gloves.

Holding the neck plate in place, twist the inner cannula clockwise to unlock and remove. If directed by your healthcare provider, insert a clean inner cannula.

Place the inner cannula in the container of sterile normal solution as advised by your healthcare provider. Do not soak. Note: For metal cannulas, use only sterile normal saline solution.

Scrub the interior and the exterior of the inner cannula with the trach tube brush.

Rinse the inner cannula with the sterile normal saline solution or sterile water. Once clean, tap the cannula gently against the sterile cup to remove excess liquid. Do not dry the outer surface.

Insert the cleaned inner cannula. Twist counterclockwise to lock it in place.

Remove and dispose of gloves. Wash your hands with soap and water for at least 20 seconds.

Put on clean disposable gloves.

Remove the old precut gauze pad from under the neck plate. Throw it away. Inspect for any skin breakdown, redness, swelling or drainage. This could indicate infection.

Use a sterile gauze pad moistened with sterile solution per your healthcare provider's recommendation to clean the neck. Wipe under the trach tube flanges and the trach ties.

Clean under the neck plate. Using a clean gauze pad or cotton swab moistened with sterile normal saline solution, wipe in clockwise direction, one-quarter section at a time, around the trach tube. Use a new gauze pad or cotton swab for each section.

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Pat dry with a clean gauze pad.

Change trach ties if needed.

Place a clean precut gauze pad under the neck plate.

Dispose of the cleaning solutions. Remove and throw away the gloves.

Wash your hands with soap and water for at least 20 seconds.