

Family Education Sheet

Care of Your Child's Tracheostomy (Trach) Site



Boston Children's Hospital

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It's very important to care for your child's tracheostomy (trach) site **at least once a day**.

What should I know about my child's trach site?

- Make sure that you can fit 1 small finger in between your child's neck and the trach tie when your child is sitting or lying on their side.
- Always have 2 spare tracheostomy tubes with you: one that is the same size and one that is a size smaller.
- Use the oximeter when your child is sleeping, napping or alone.
- Always use some type of humidification either by trach mask or Heat and Moisture Exchanger (HME, also known as the "artificial nose").
- Always check the trach site for redness and/or soreness.

What supplies will I need to do regular care?

- Sterile normal saline or sterile water
- Cotton swabs
- Tracheostomy split gauze or other dressing if your child uses one
- Gloves
- Tracheostomy ties

You should have another person help you while you are doing trach site care and tie changes to your child.

Whom can I call if I have questions?

Please contact your child's primary care doctor with any questions.

If your child needs emergency care, call 911 or your local emergency services number.

How do I care for the trach site?

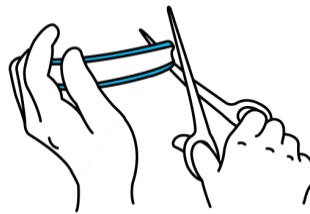
Note: If you only need to do skin care, skip steps 3, 7, 10 and 11



1 Wash your hands.



2 Gather all the supplies and put them on a clean table.



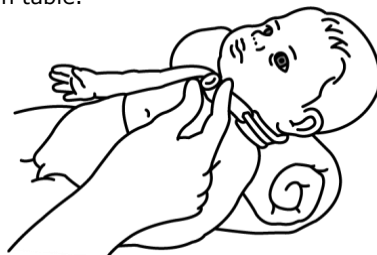
3 Cut a new trach tie to the right length.



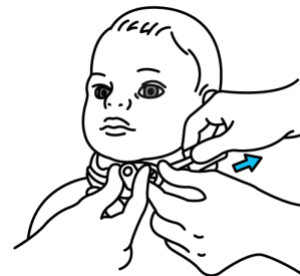
4 Have your child lie on the back with a blanket roll behind the shoulders.



5 Put on gloves

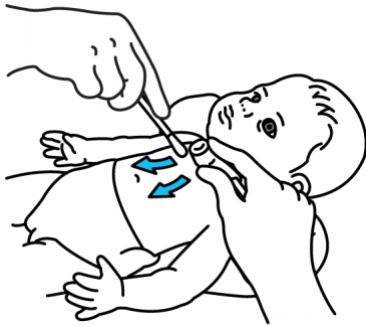


6 Have one person hold your child's trach in place.



7 Untie the trach tie from one side of the trach and remove ties.

How do I care for the trach site? (continued)



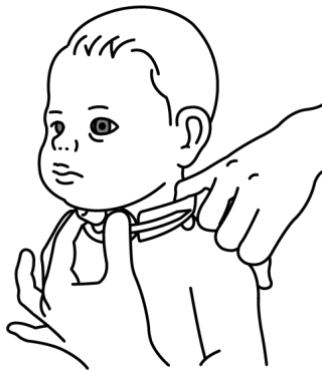
8 Gently wash the skin around the stoma (the trach site) with cotton tip swabs or gauze moistened with normal saline, starting closest to the trach and working outward.



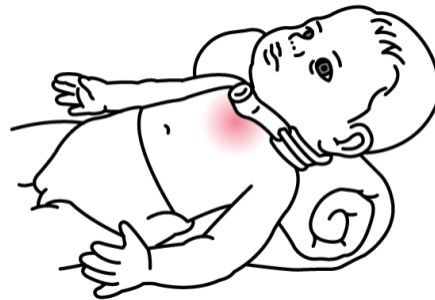
9 Replace the gauze dressing.



10 Replace and secure the Velcro ties.



11 Make sure that you can fit 1 small finger between your child's neck and ties when your child is sitting or lying on his or her side.



12 Call your doctor if the trach site looks red or sore.