

Trach Care: Trach Tube Change





Today I will get a new trach tube.

This is a part of my “Trach Care”.



My trach helps my body breathe.

Changing my trach tube and cleaning around my trach keeps it from getting infected.

My nurse or someone from my family may do my trach care.



First, the person taking care of my trach may need to suction my trach.

I will hear a soft suction sound and may feel a tickle in my throat.

This may make me feel like I need to cough.



After suctioning I will sit or lay in a comfortable position for my trach care.

The person taking care of my trach will help me move into the best position.



The person taking care of my trach will hold my trach in place and remove my old trach ties and any gauze or soft padding around my trach.

My job is to stay very still.



The area around my trach will then be cleaned with qtips and gauze, or soft cloths.

This may feel cold and wet to me but that is ok .
This helps clean my skin and get rid of germs.



The person taking care of my trach will remove my old trach tube.

I can choose if I want to count to 3 or 5 before they remove my old tube.



My new tube will then be quickly placed back in my stoma, the opening in my neck.

This may make me feel like I need to cough.



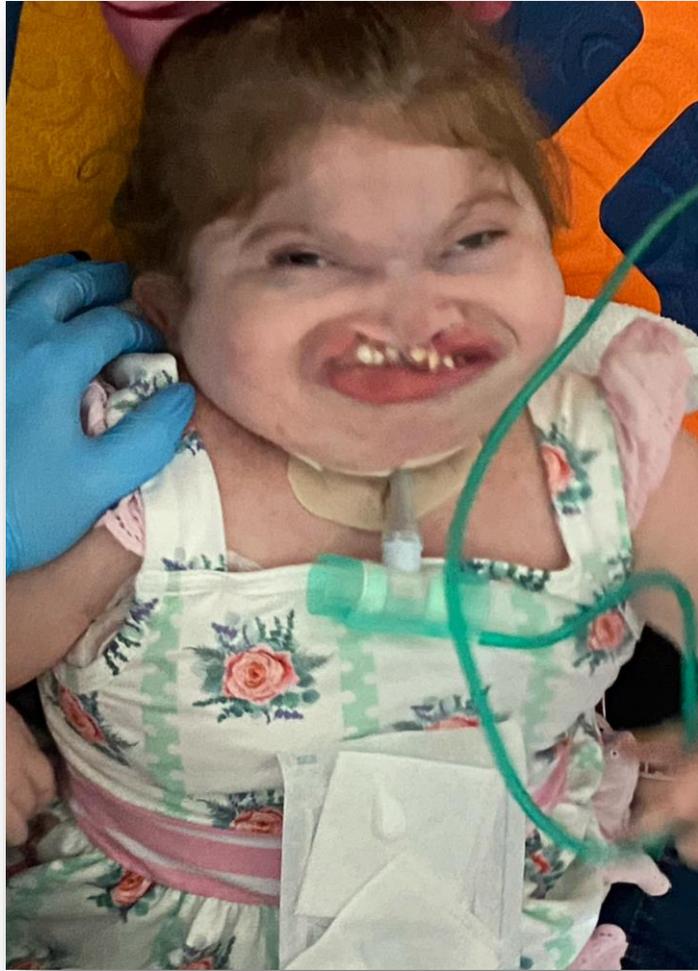
Once my new tube is in place new, clean trach ties will be tied to the sides of my trach to keep it in place.

It is important that I still stay still.



Velcro ties will also be placed on the back of my neck to help keep my trach in place.

This may feel snug, but not too tight.



New padding will be placed under my trach to protect my skin.

If anything feels too tight or different than normal it is important that I let the person taking care of my trach know.

All done



Now I am all done!

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)