Tracheostomy care is needed to keep the tube and the skin around it clean and dry. This helps to heal the stoma site and decreases the chance of infection. Perform your tracheostomy care 2 times each day.

Follow these steps:

1. Gather supplies:
   - 2 clean basins
   - water
   - hydrogen peroxide
   - brush or pipe cleaners
   - tweezers
   - paper bag
   - cotton swabs
   - 4x4 gauze sponges
   - tracheostomy dressing

2. Wash your hands with antibacterial soap. Rinse and dry them well.

3. Pour equal amounts of water and hydrogen peroxide into one basin. Pour water into the second basin.

4. Remove the dressing from around the trach and place it in the paper bag.

5. Remove the inner cannula.
   - Hold the neck plate in place with one hand.
   - Using your other hand, turn the inner cannula to unlock it.
   - Gently remove the inner cannula using a curved downward motion.
   - Place the inner cannula in the basin with the water and hydrogen peroxide.

6. Suction to remove any mucous.

7. Use the brush or pipe cleaner and the water and hydrogen peroxide in the basin to clean the inner cannula. Rinse the inner cannula in the water in the second basin.

8. Dry the inner cannula with the gauze pad. Check for and remove any gauze threads.
9. Re-insert the inner cannula and lock in place.
   - Hold the neck plate in place with one hand.
   - Insert the inner cannula with the tube upward and rotating it downward.
   - Turn the inner cannula to lock it in place.

10. Clean the skin around the stoma with swabs moistened with water.
    - Clean from the edge of the stoma outward.
    - Use a new swab each time you swab.
    - If the area is crusty, use \( \frac{1}{2} \) water and \( \frac{1}{2} \) hydrogen peroxide mixed together to moisten the swabs. Then use swabs moistened with only water to rinse the area.

11. Use gauze or swabs moistened with water to clean the neck plate.

12. Change the trach holder if needed.

13. Place a clean pre-cut trach dressing around the trach.
    - Hold the trach tube in place with one hand.
    - Bring the trach dressing around each side of the tube and under the neck plate with your other hand. You can use tweezers if needed.

14. Clean up.
    - Discard the paper bag with the soiled supplies.
    - Put away the other supplies.
    - Wipe off the area where you worked.

15. Wash your hands with antibacterial soap. Rinse and dry them well.

Call your doctor with any of these signs of infection:

- Fever of 100° F or above
- Increased amount of mucous or mucous becomes thicker
- Change in the color of mucous to yellow, green or brown
- Mucous is hard to cough out
- Drainage around trach tube becomes bloody or pus-like
- Swelling or redness around the stoma

Talk to your doctor or nurse about any questions or concerns.