



Trach Care

The skin around a child's tracheostomy needs special care. Secretions (mucus) from around the tracheostomy tube or directly from the trachea can cause the skin to become red and sore if allowed it remains on the skin too long. As much as possible, the skin should be kept clean and dry. Several times a day, you should clean the skin around the stoma. The solution used to clean the skin around the stoma will depend on the child's orders. The method will vary from child to child, and you should follow the plan designed for each individual.

- Dip cotton-tipped applicator in half-strength hydrogen peroxide (hydrogen peroxide mixed with an equal amount of distilled water) Use soapy water after your child has gone home, unless your doctor directs otherwise.
- Starting as close to the tracheostomy as possible, clean the skin by rolling a cotton-tipped applicator away from the tracheostomy opening.
- Repeat with a newly moistened cotton-tipped applicator until all crusts and drainage have been removed.
- Using dry cotton-tipped applicator, dry area thoroughly with the same motion.

Avoid using baby oil, lotions, or ointments around the tracheostomy unless they are specifically ordered by the physician. If the child is having a lot of tracheal secretions, you may wish to place a dry trach sponge between the skin and the trach tube to absorb the secretions. The dressing may need to be changed frequently so that wet gauze does not sit on the skin for a long period. Make sure the dressing does not cover the tracheostomy opening, making it difficult for the child to breathe.