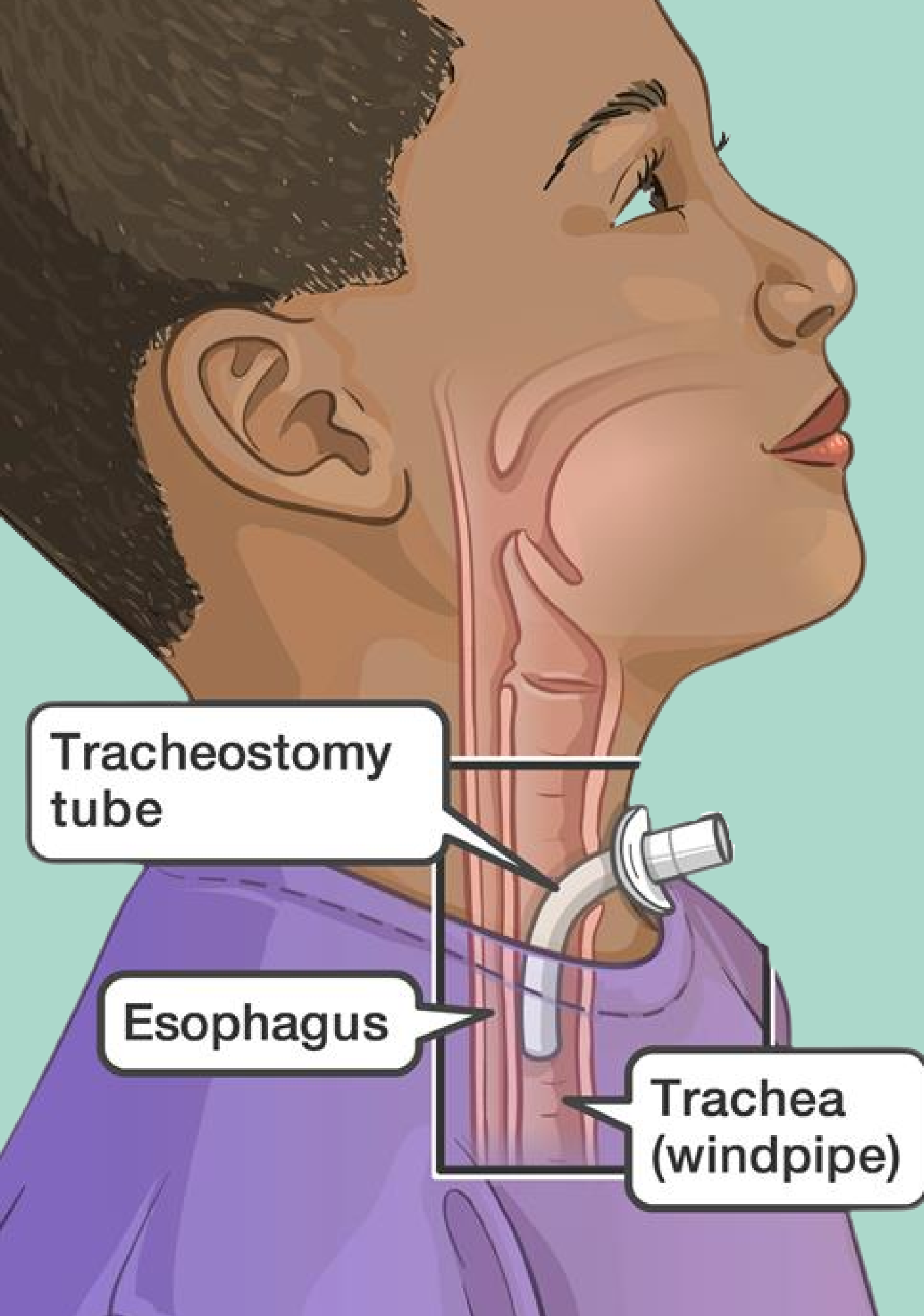


Lets get ready for your

TRACHEOSTOMY





What is a tracheostomy?

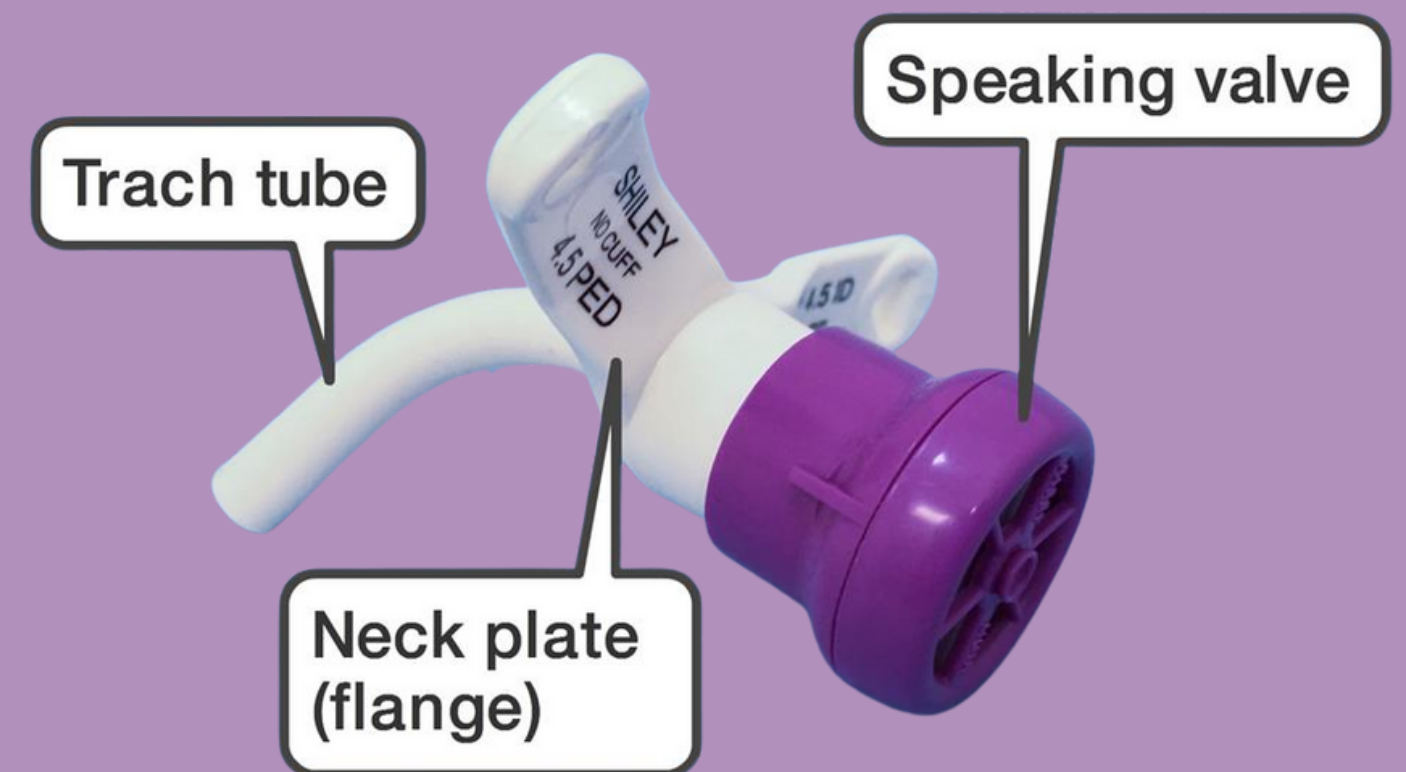


A tracheostomy is a procedure where there is a small hole placed in your windpipe. This small hole is placed to help you breathe better.

What is a tracheostomy?



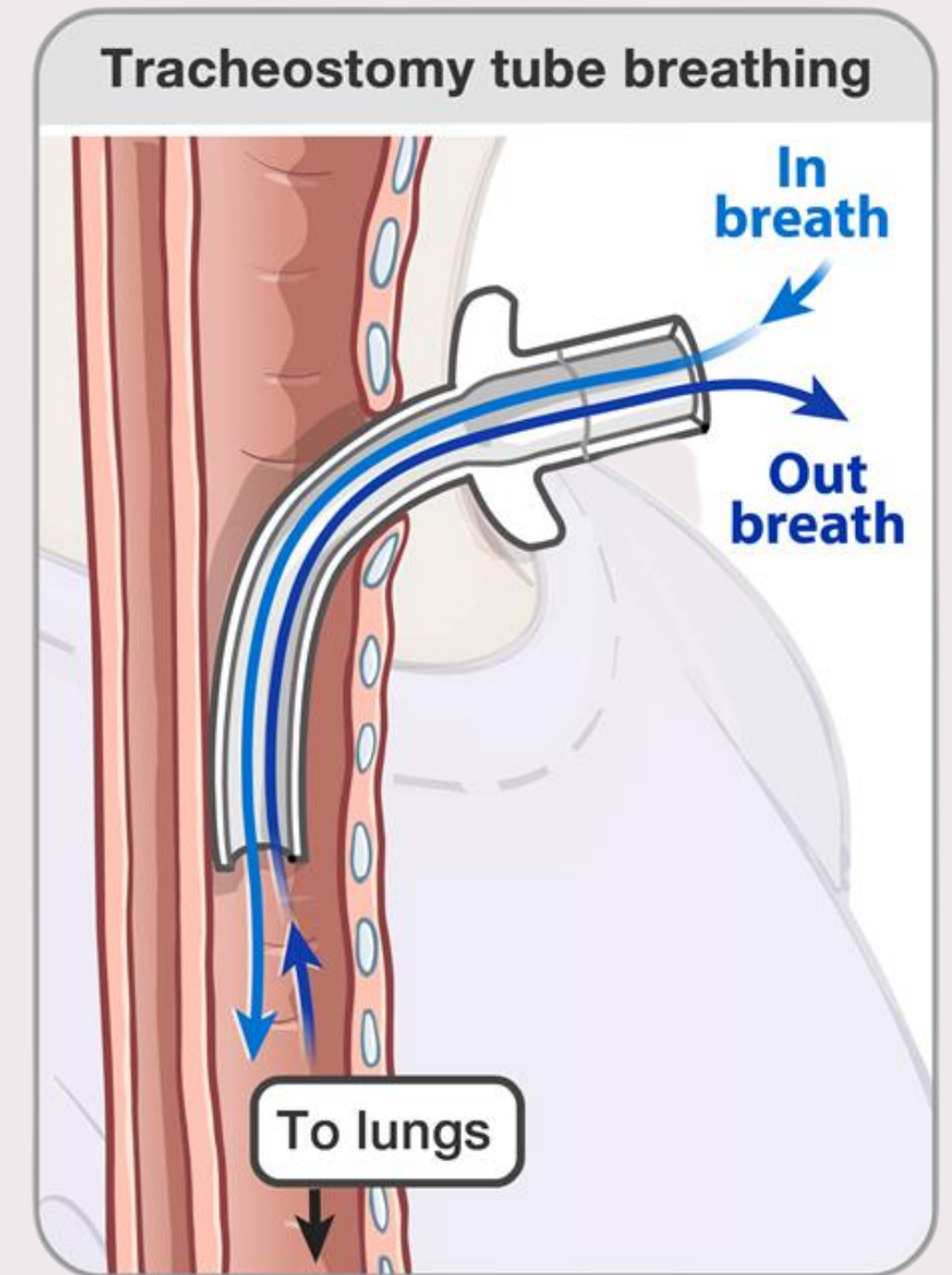
“Trachs” are small plastic tubes that go over that hole. There are a few different types of trach tubes. The plastic tube goes into your body to help give you an extra way to breathe and get oxygen. There is a part of the tube that stays on the outside of your skin. There is also a very small part of the tube that stays inside your windpipe. These connect like a straw.



Why do you need a tracheostomy?

The tracheostomy will help you breathe easier and help your body work better to get all the air it needs. When you breathe with a trach, the oxygen still goes inside your nose and mouth, but it also goes in through the plastic tube as well.

Trachs are used to help people who are having a hard time breathing. Sometimes people have a hard time breathing because of their tumor, treatments that they have had, injuries or for other reasons.



What does it look like?



Trach tubes have three parts:

1

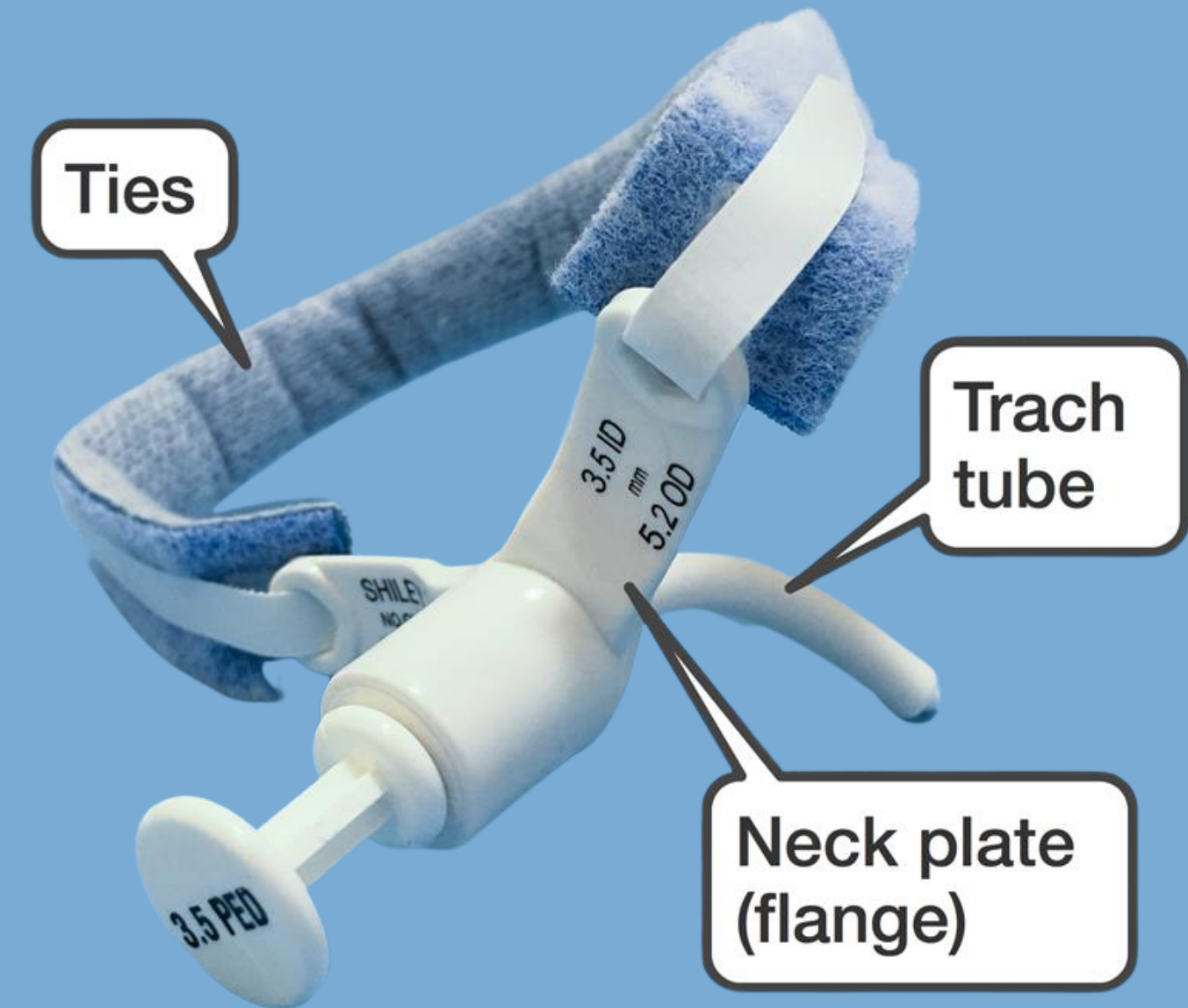
A white or clear plastic tube

2

A soft collar that fastens around your neck to help hold it in place called ties

3

A neck plate



What does it look like?



Trach tubes are placed in the middle area where your neck meets your shoulders.

Surgery

* This tube is put in during surgery, so you will not see, hear, or feel anything during the procedure because you will be under anesthesia.

When awake, a plastic curved tube will be in your windpipe located in your neck area. Breathing will be easier once the tube is in. You will breathe through this tube instead of your nose and mouth. The tube will not go into your lungs.



Surgery

After the surgery you may remain in the intensive care unit to make sure the first tube can be changed safely in 5 to 7 days. Then, you'll be going to a regular room.



Can you still talk?



Your mouth will still work to say words but your voice may not work. You may not hear the words come out of your mouth. This is because no air moves through your vocal chords which is what makes our voices heard.

After a while a speech therapist can help you with your valve to help your voice be heard again.

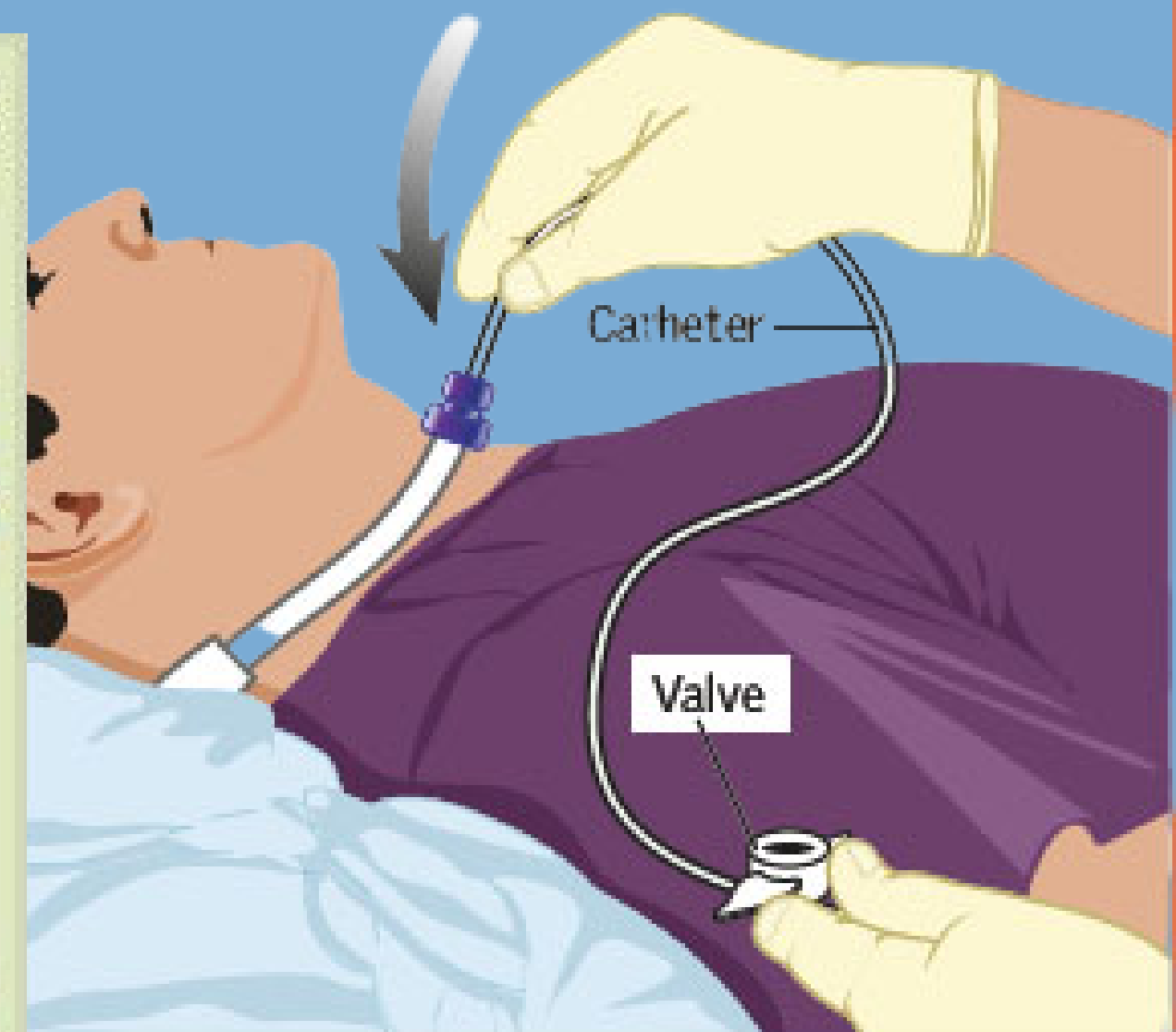
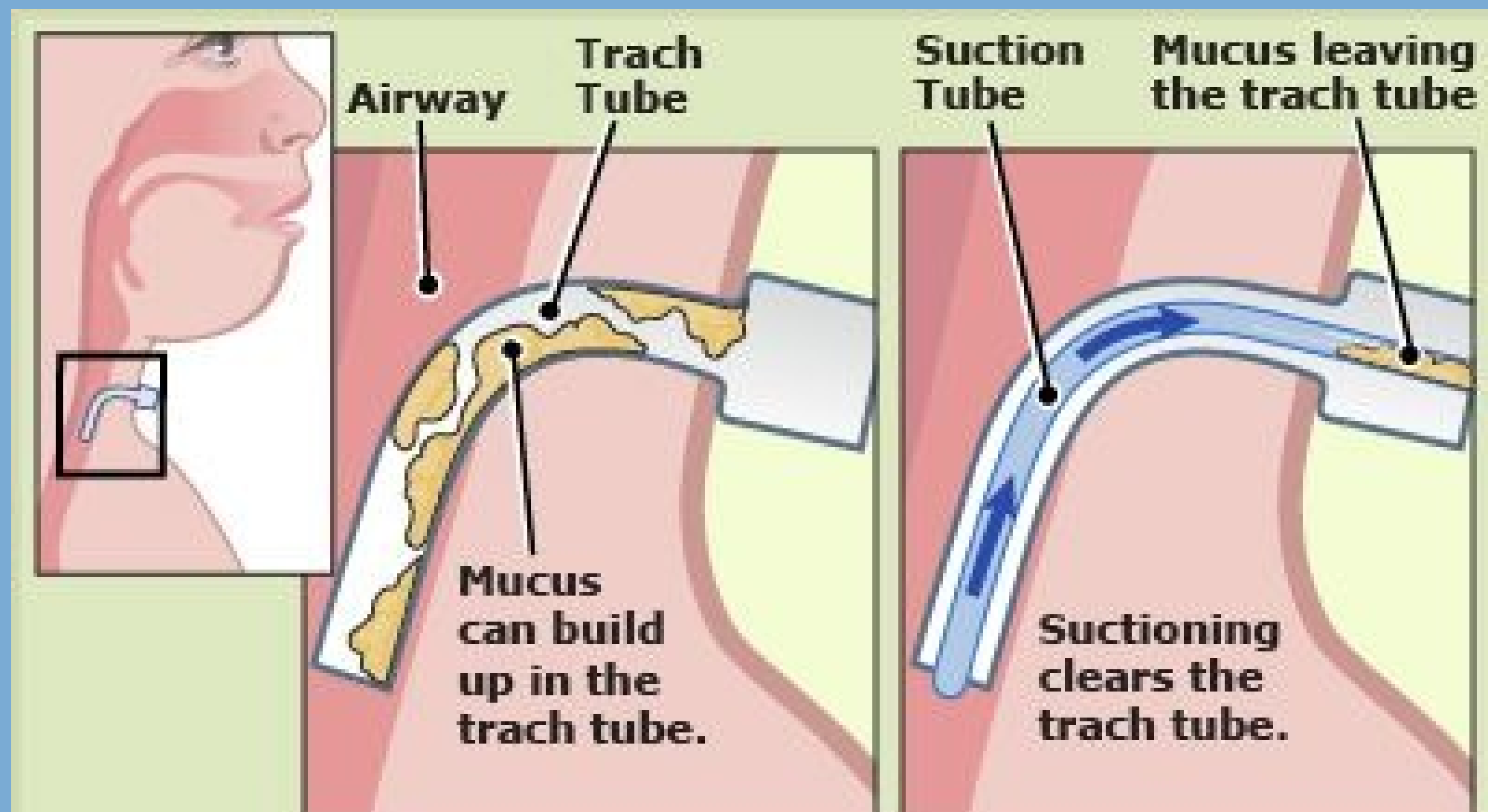
You can use pictures and a white board to communicate until your voice returns.



Suction

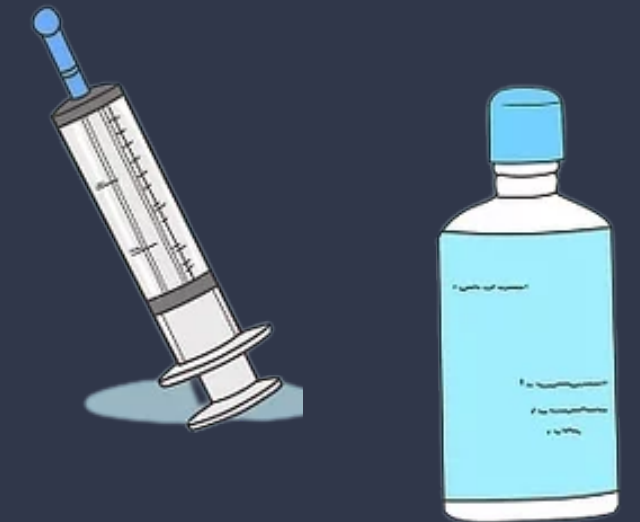
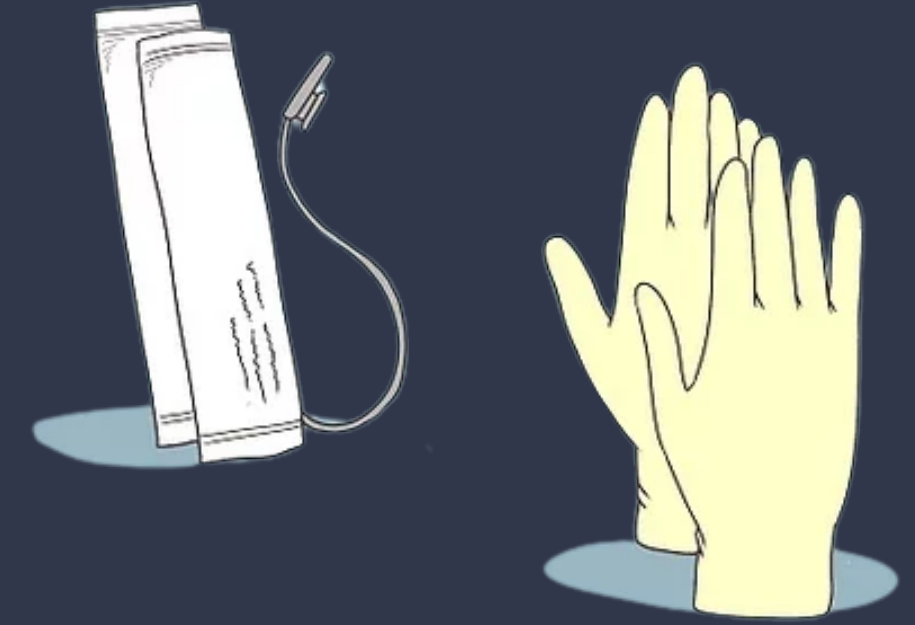
Some times your body creates mucus. Mucus can also be found in your mouth, lungs, and stomach. It can help protect your body.

You can cough out mucus with your trach but if it is to thick or if it is too much, you can use suction to help clear it. Suction is a little tube that helps take out the extra mucus.



Cleaning

- Your tracheostomy and skin around it has to be cleaned carefully.
- Your parents or caregiver will learn to clean the tracheostomy tube and change your tube so it stays clean and without germs.
- Your tracheostomy will need to be suctioned to take out the mucus that your body makes. Sometimes you can cough out the mucus. Suction is used so that the mucus does not get to thick.
- Your parents or caregiver will learn how to use the suction with a small tube so that you can breathe well.



Can you still eat?



You will take a test called a swallow study. This test is done by a speech therapist. The speech therapist will decide if you are able to eat and drink with a trach. If you are unable to the doctor has different ways of getting your body the food it needs.



QUESTIONS



QUESTIONS



What are questions that come to mind?

QUESTIONS



Some people ask...

Will it hurt?

QUESTIONS



Some people ask...

Can other people tell I have it?

QUESTIONS



Some people ask...
How long will I have it?

QUESTIONS



Some people ask...

Are there things I can and can not do?

QUESTIONS



Some people ask...

Will I be awake when they put it in?

Any other

QUESTIONS ?