



**LET'S GET READY
FOR YOUR
TRACHEOSTOMY**

DEEP BREATHS



Your nose and lungs are what we use to take deep breaths.

Lets practice:

Practice taking deep breaths to feel the air in your nose and into your lungs. Then from the lungs back through your nose.

Ex: Like your smelling a flower.

WHY DO YOU NEED A TRACHEOSTOMY?

Is it hard for you to breathe?



The tracheostomy will help you breathe easier and help your body work better to get all the air it needs.

WHAT IS A TRACHEOSTOMY?



A tracheostomy is a procedure to place a small hole in your neck.
This small hole is placed to help you breathe better.

WHAT IS A TRACHEOSTOMY?

“Trachs” are small plastic tubes that go over that hole. They 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, or for other reasons.

WHAT IS A TRACHEOSTOMY?

This is a tracheostomy tube or you can call it a
trach for short.



Some children say it looks like a necklace.



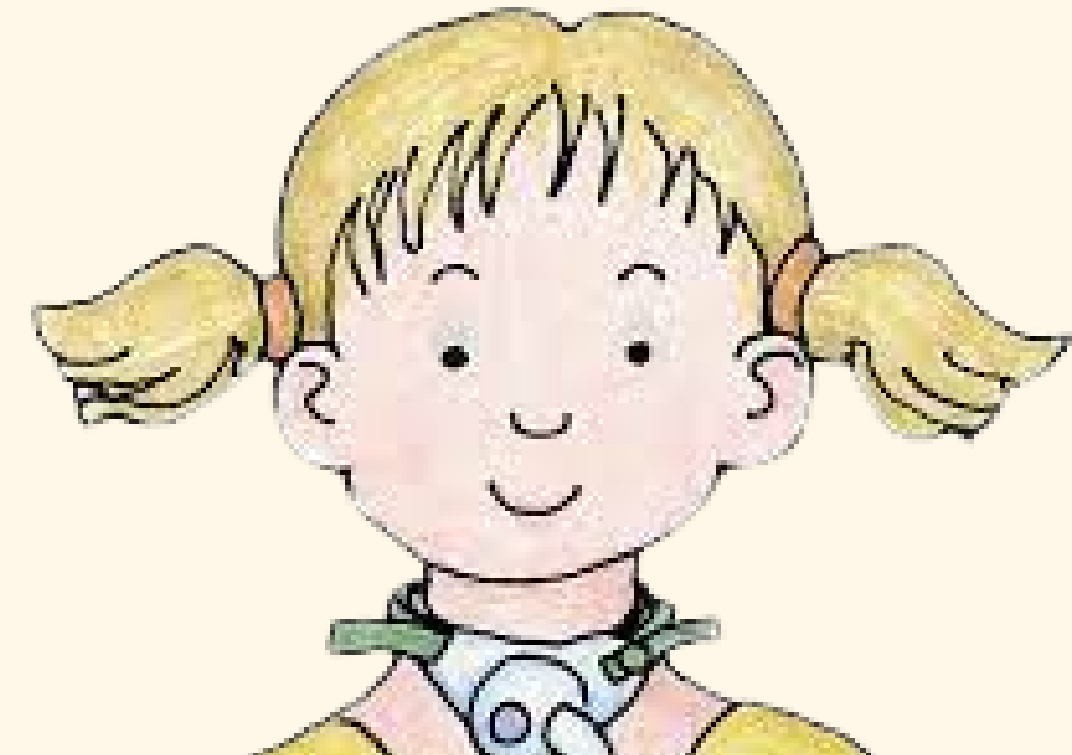
WHAT IS A TRACHEOSTOMY?

Trach tubes are placed in the middle area where your neck meets your shoulders. This tube is put in during surgery, so you will not see, hear, or feel anything during the procedure because you will be getting sleepy medicine.



WHAT IS A TRACHEOSTOMY?

Trach tubes have two parts:



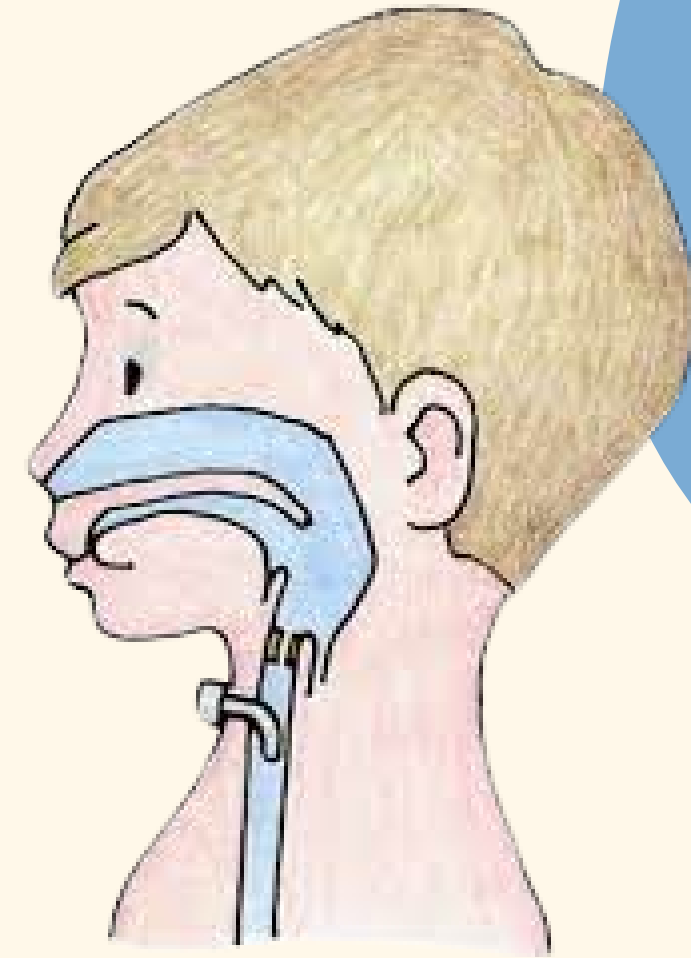
1

A white or clear plastic tube

2

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

WHAT IS A TRACHEOSTOMY?

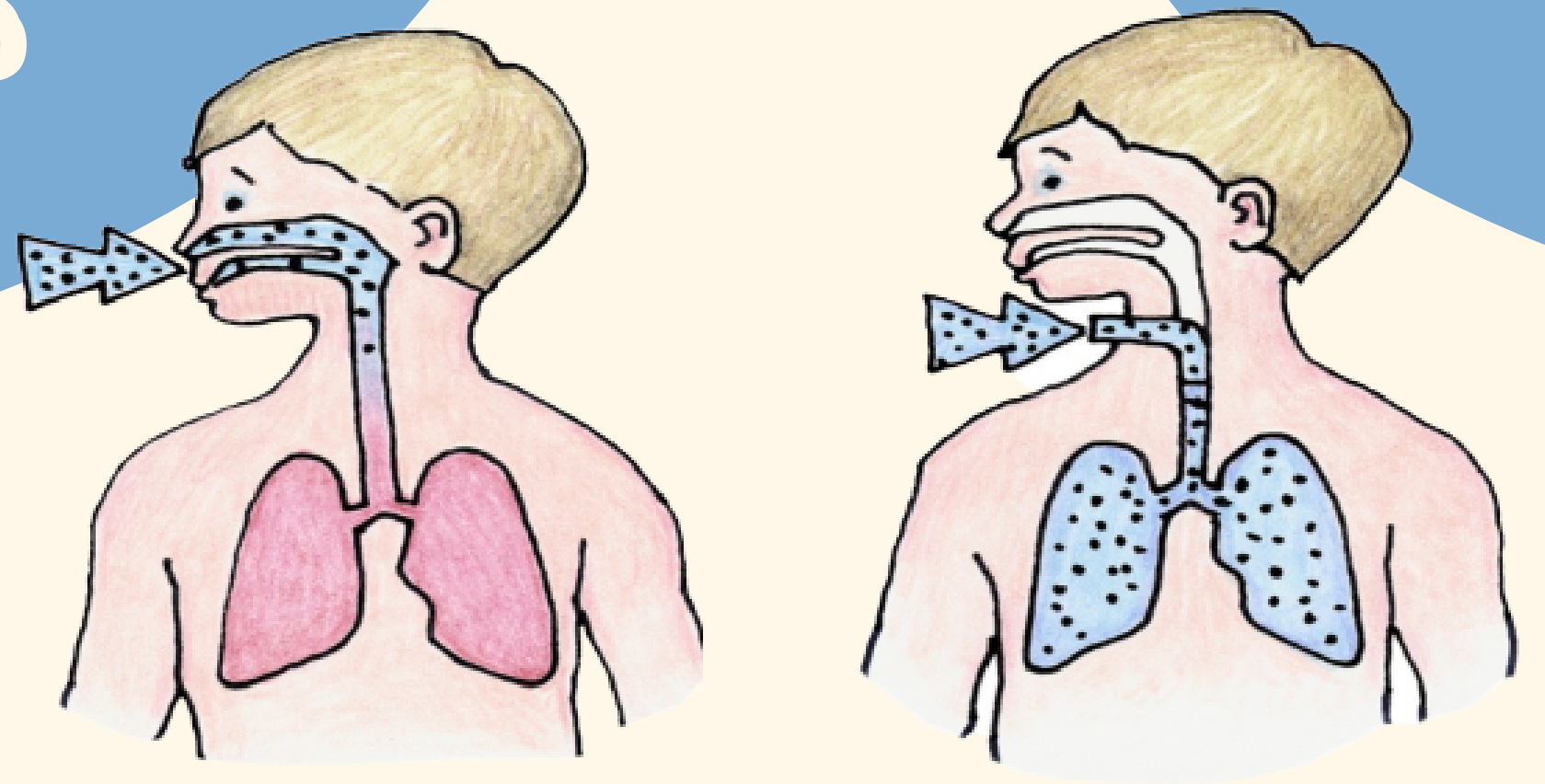


This plastic tube that goes into your body to help give you an extra way to breathe and get oxygen. There is a part of the tube that stays on the outside of your skin and the other part stays inside your windpipe.

These connect like a straw. The tube is small and short and will not go into your lungs.

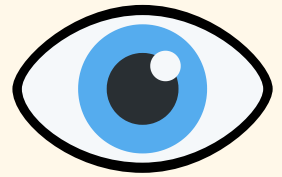
Your windpipe is where air travels through to your lungs and back.

WHAT IS A TRACHEOSTOMY?



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. That way your body has three ways to get oxygen, so that it is easier for you to breathe.

WHAT WILL YOU SEE, HEAR AND FEEL?



See: a small hole in your neck, a small plastic tube in the hole



Hear: breathing might sound different, and may not be as quiet



Feel: a small tube in your neck area

HOW DO YOU GET A TRACH?

You will have sleepy medicine and go into surgery. 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 through your nose and mouth. The tube will not go into your lungs.

HOW DO YOU GET A TRACH?

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

CAN I 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.

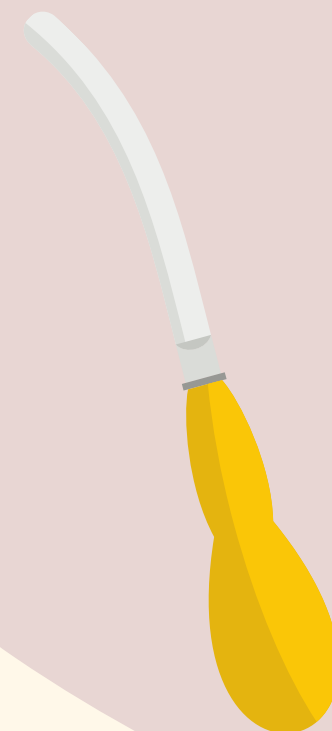


CAN I STILL TALK?

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



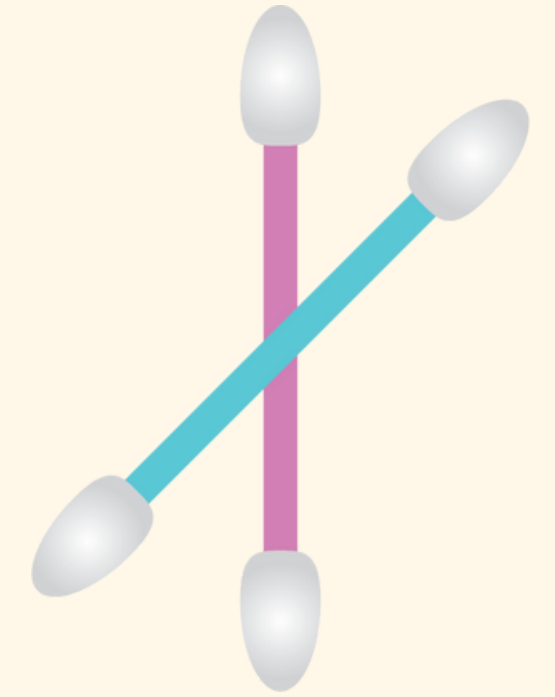
MUCUS



Some times your body creates mucus. Mucus is like snot or the sticky stuff inside your nose. But mucus can also be found in your mouth, lungs and stomach and can help protect your body.

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

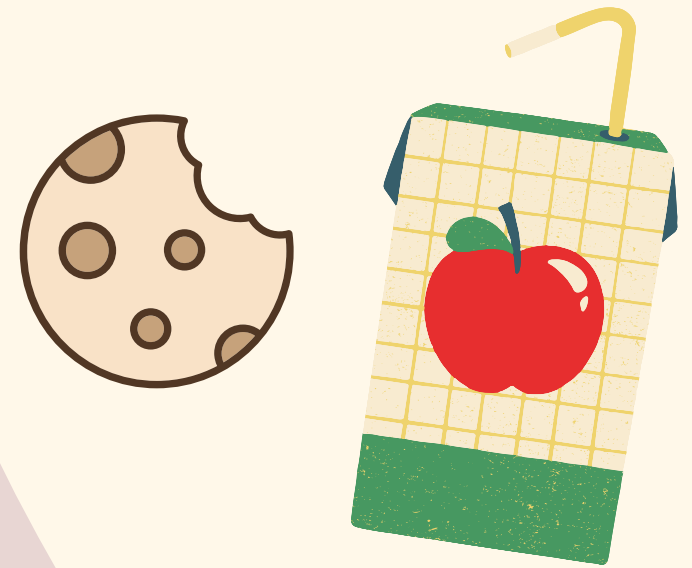
CLEANING



- Your tracheostomy and skin around it has to be cleaned carefully.
- Your parents 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 too thick.
- Your parents will learn how to use the suction with a small tube so that you can breathe well.

CAN I STILL EAT AND DRINK?

First, 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.



CAN I STILL PLAY?

You can still play with activities and toys you played with before except for small toys and items like glitter, sand or confetti that can get into your trach.

You should not play with those small things as it can keep you from breathing well.



QUESTIONS

SOME PEOPLE ASK...

Will it hurt?

SOME PEOPLE ASK...

Are there things that I can or cannot do
when I have a tracheostomy?

SOME PEOPLE ASK...

Will I be awake when they put it in?

SOME PEOPLE ASK...

Can other people tell I have it?

WHAT OTHER
QUESTIONS DO YOU
HAVE?