

(D) Cleaning of the removed inner tube

1. Soak the dirty inner tube in the bowl with hydrogen peroxide.
2. Remove the mucus on the inner tube using the brush, then rinse the tube with clean water.



3. Sterilize the inner tube with either of the following methods:
 - a. Place the clean inner tube in a metal box and steam it in an electric pot for 30 minutes.
 - b. Boil the tube in a metal container on the range for 10-15 minutes.

(E) Special precautions

1. Keep the tracheostomy area clean and dry. Return to the hospital if the skin around tracheostomy becomes red and swollen, or if the patient's sputum smells strange.
2. Clean the tracheostomy area and change the inner tube everyday. If the sputum increases in amount or becomes sticky, the inner tube should be changed more frequently.

(F) Contact your home care nurse if you have the following problems

1. You cannot put in the inner tube easily.
2. The sputum contains blood during suction.
3. The patient shows signs of breathlessness or rapid breathing.
4. The whole tracheostomy apparatus slips out of the wound.



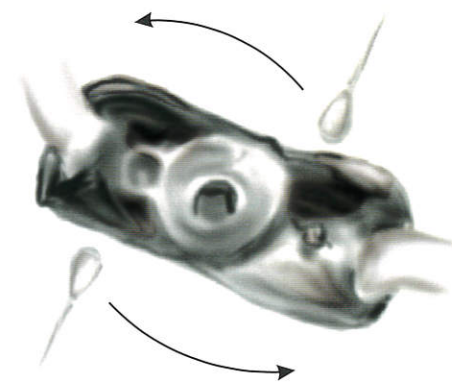
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Home care series

How to take care of the tracheostomy

使用氣切套管 病人的居家護理



英文



BUDDHIST DALIN TZU CHI GENERAL HOSPITAL

Home care series

(A) Purpose

1. To maintain a patent airway
2. To prevent wound infection

(B) Preparation of equipment

1. Two metal tracheal tubes
2. Two fastening bandages
3. Povidone-iodine solution
4. Sterile normal saline solution
5. Sterile cotton-tipped applicators
6. Sterile Y-cut 4 x 4 cm² gauzes
7. Hydrogen peroxide solution
8. A small brush
9. A stainless bowel

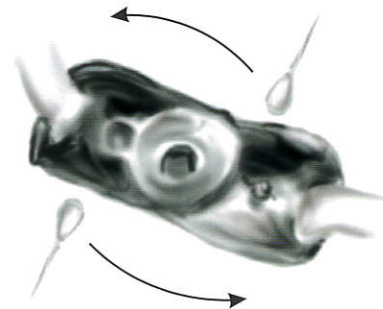


(C) Care of the tracheostomy

1. Wash both hands clean.
2. Suck out the sputum before changing the dressings.



3. Unlock and remove the metal inner tube.
4. Insert the sterilized inner tube into the tracheostomy and lock it.
5. Remove the old Y-cut gauze.
6. Soak the cotton-tipped applicator with normal saline and clean the mucus around the tracheostomy by wiping it in a circular manner, beginning near the center and proceeding outward.



7. Soak another cotton-tipped applicator with povidone-iodine solution and repeat the procedure in 6.
8. After the povidone-iodine is dried, clean the skin with a new normal saline soaked cotton-tipped applicator.
9. Put in the sterilized Y-cut gauze pad and secure it with paper tape.
10. Replace the fastening bandages. Adjust the tightness of the bandage such that there is enough room to insert two fingers.

