Changing a Tracheostomy Tube Holder or Ties

There are two ways to secure a tracheostomy (trach) tube, using a tube holder or trach ties. You only need to use one of these to hold your tracheostomy tube in place. It is important to keep the tube holder or trach ties clean and dry to prevent skin irritation and sores around your neck. It can also help prevent infections.

Change the tube holder or trach ties anytime they are wet or dirty. This may be one time a day when doing tracheostomy care.

Supplies
- Tracheostomy tube holder or 36 inches of tracheostomy tie tape
- Scissors
- Tweezers

Precautions

Tube Holder
- There are different types of tube holders, some are disposable and other tube holders may be washed and reused at another time. If you are using a reusable tube holder, the old holder must be removed before a new tube holder can be put on.
- **Ask someone to help you when you change your tube holder.** One person should hold the tracheostomy tube firmly in place while the other person removes the dirty tube holder and puts on a clean holder.

Trach Ties
- Be very careful when changing the trach ties. The ties hold the tracheostomy tube in place and keep it from coming out.
- Change the trach ties after cleaning the stoma and neck plate and before placing a clean dressing.
- **Ask someone to help you when you change your trach ties.** One person should hold the tracheostomy tube firmly in place while the other person removes the dirty ties and puts on clean trach ties.
Steps in the procedure

- **Tracheostomy Tube Holder**
  1. Remove the dirty tube holder.
  2. Thread the long narrow fasteners (A) of the clean tube holder through the holes on each side of the neck plate.
  3. Fold each Velcro fastener back over and stick the end to the soft material on the neck band.
  4. The tube holder should fit so there is enough space for one finger between your neck and the holder.

- **Tracheostomy Tie Tape**
  1. Cut one piece of trach tie tape 30 to 36 inches long, depending on your neck size.
  2. If you do not have help, fasten the clean ties first before you remove the old ties. This will prevent the tracheostomy tube from coming out.
  3. Remove the dirty trach ties and throw them away.
  4. Guide one end of the clean trach tie through the hole on one side of the neck plate. Use tweezers to help pull the trach tie through the hole.
  5. Pull the ends of the trach tie, so they are even.
  6. Bring both pieces of the ties around your neck to the other side of your neck plate.
  7. Guide one of the ends through the empty hole on the plate.
  8. Bring the ends of the trach tie to the side of your neck and tie them in a knot. Do not tie the trach tie too tight. Keep enough space for 1 finger between your neck and the trach ties.