Home Care after the Removal of Your Gastrostomy Tube

Your doctor is going to take out your gastrostomy tube. You may feel pressure as it is removed. There are a few things you can do to help the opening heal:

- You may resume eating at any time. Please know that anything you eat or drink may leak from the opening at first. It may take a few days for this to go away as the wound heals.

- Cover the site with a dry band-aid or dressing until the wound has a scab. Once a scab has formed, you may leave the wound open to air.

- You may shower. Do not swim, soak in water, or take a bath until your wound has healed.
  - Remove the dressing before showering.
  - Allow soap, shampoo and water to gently wash over the site. Do not rub the area. After showering, gently pat area dry. Cover the site with a new dry dressing after showering.
  - **Do not soak** in the tub until the wound closes.

- Healing of the site will occur over for the next 4 weeks. If your site is not closed, call your doctor. Your doctor may want to see you and talk about options for treatment.
To Help Wound Healing

Your body will close the g-tube opening on its own very quickly. You can help your body by making healthy choices.

- **Eat a healthy balanced meals and snacks with foods high in protein to help wound healing. Vitamins A and C and the mineral zinc also help with wound healing.**

- **Control your blood sugar. High blood sugar can make it harder for your wound to heal. Check blood sugar levels if you have diabetes.**

- **Do not use tobacco.** Tobacco use makes it harder for wounds to heal.

When to Call the Doctor

Call your doctor if your opening shows any signs of infection, such as:

- Redness
- Swelling
- Pain
- Skin breakdown around the site
- Fever greater than 100.5 degrees Fahrenheit or 38 degrees Celsius

Also call your doctor if your wound does not heal after 4 weeks.

For More Information

If you have questions or concerns about your health after the tube is removed, please call ________________.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.