Tracheostomy Care with Non-Disposable Inner Cannula

Tracheostomy care is done to keep the tracheostomy tube and skin around the stoma clean and dry. This helps the stoma site to heal and reduces the chance of infection. Do your tracheostomy care twice each day or more often if needed.

**Supplies**
- 2 clean basins or bowls or trach care kit
- Water
- 3% hydrogen peroxide
- Brush or pipe cleaners (may be in trach care kit)
- Tweezers
- Cotton swabs, like Q-tips
- Paper bag
- Wash cloth or 4x4 gauze sponge (may be in trach care kit)

**Follow these steps**
1. Gather your supplies.
2. Wash your hands.
3. Pour equal amounts of water and hydrogen peroxide into a small bowl. Pour water into the second bowl.
4. If you use a dressing around the trach, remove the old dressing. Throw it out in the paper bag.
5. Remove the inner cannula.
   - Hold the neck plate securely with one hand.
   - With your other hand, turn the inner cannula 90 degrees counter-clockwise to unlock it.
   - Gently remove the inner cannula using a downward motion. Place the inner cannula in the bowl with the water and hydrogen peroxide.

Note: Not all inner cannulas are removed as above. Check with your nurse if your trach is different.
6. Suction to remove secretions.

7. Use a brush or pipe cleaners to clean the inner cannula with the hydrogen peroxide and water solution. Rinse the inner cannula in the second bowl of water to remove the hydrogen peroxide.

8. Dry the inner cannula with pipe cleaners and a gauze pad. Look at the inner cannula closely to make sure it is clean and remove any gauze threads.

9. Put the clean inner cannula back in and lock into place.
   - Hold the neck plate securely with one hand.
   - Gently insert the inner cannula with a curved motion.
   - Turn the inner cannula 90 degrees clockwise to lock it in place.

Note: Not all inner cannulas reinsert as above. Check with your nurse if your trach is different.
10. Clean the skin around the trach stoma using a cotton swab moistened with hydrogen peroxide and water. Clean from the edge of the stoma outward. Use a new swab for each stroke.

11. Rinse the hydrogen peroxide off with water.

12. Clean the neck plate using gauze or cotton swabs moistened with water.

13. Change your trach ties or trach holder if it is dirty.

14. If needed, place a clean pre-cut trach dressing around the trach site.
   • With one hand, hold the trach tube securely.
   • With your other hand, bring the trach dressing around each side of the trach tube and under your neck plate. Tweezers may be used to bring the dressing around each side of the trach tube.

15. Clean, dry and put away all supplies.

16. Wash your hands.

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

© 2002 - June 30, 2016, The Ohio State University Wexner Medical Center.