

# INFORMATION FOR PATIENTS

## *Tips for Everyday Use of TRACOE Tracheostomy Tubes*

### **Cleaning and Maintenance**

The easiest way to clean the tubes is to use the TRACOE tube clean cleaning kits (REF 930-A/-B or REF 931-A/B), developed especially for this purpose. Never use a strong household cleaning product, a denture cleanser, or strong alcohol to clean the tubes. Soften any solid incrustations and remove them using e.g. TRACOE tube clean cleaning swabs (REF 935 and REF 936). After cleaning, rinse the cannulas thoroughly with water in drinking water quality. Allow the inner and outer cannulas to air-dry.

### **Disinfection**

If necessary, clean the tubes and then soak them in a disinfectant named by TRACOE medical (available on [www.tracoe.com](http://www.tracoe.com)). Afterwards rinse the tubes thoroughly in running water in drinking water quality or with distilled water.

### **Hygiene**

When the tracheostoma is stable, the tubes can be cleaned and maintained during replacement. If the tracheostoma is fresh, however, do not remove the tube for very long, as it may be very difficult to reinsert. Please note that the tube must be taken out of the tracheostoma for cleaning.

Care of the stoma depends on mucous accumulation, scab formation, and skin condition, but it should be cleaned at least twice a day. Use the TRACOE protective skin cloth (REF 970) to clean the stoma. Do only use fluff free material. Replace the compresses and neck straps regularly. Select the widest, softest neck strap possible to prevent irritation.

The skin should be clean and dry (neither desiccated nor waterlogged). If the area around the tracheostoma is chafed, the skin can be treated with appropriate care products according to doctor's orders. When the irritation disappears, treat the area with a skin dressing that is not excessively viscous. A tracheostoma being treated with radiation is often highly sensitive and should be cared for as instructed by your physician or healthcare personnel.

### **Please note:**

The tips and instructions for the care of the tracheostoma and tracheal hygiene are based on the manufacturer's practical experience. They are not intended to replace the medical advice of a physician or trained healthcare personnel.

TRACOE medical GmbH assumes no liability for claims resulting from the incorrect or improper care of the tracheostoma or incorrect or improper tracheal hygiene.

Medical indications as well as anatomical and physiological conditions vary for each tube wearer. For this reason, patients must consult their physician or healthcare professional for advice on the care of the tracheostoma and tracheal hygiene. Instructions given by the physician and healthcare personnel must be followed.

### **Protective Accessories**

To prevent particles of dust and dirt or other objects from entering the trachea through the stoma, special protective articles are needed such as cloths, bibs, roll-necks, filters, etc. Depending on personal requirements, each patient should have at least six such articles on hand.

### **Suctioning Frequency**

In the same patient the necessity to suction can vary from just a few times each day to up to a number of times an hour. It is important to use a high-quality suction device with suitable performance.

### **Moistening**

To prevent the formation of scab, the use of an "artificial nose" (e.g. TRACOE humid assist I, REF 640-CT) to keep the airways moist is recommended.