

Tracheostomy FAQs

Where do I go to learn more about how to change or suction my child's tracheostomy?

You can use your own cell phone and point your phone's camera at the following [QR codes](#) we have made that will bring you to short 3-5 minute instructional videos that will teach you all you need to know about

1. How to change my child's tracheostomy?
2. How to suction my child's tracheostomy?
3. How to change the ties around my child's tracheostomy?

Please view them, give us feedback on other QR codes that you might find helpful, or ask us a question!

These videos are available in English, Spanish, French, and Arabic!

How often do I need to change the trach?

This really depends on where you live, the customs and resources there, and what your own health practitioner tells you. In the US, many practitioners recommend changing the tracheostomy every two weeks or so, but the most important thing is to keep the track clean both externally and internally, and to be sure you know how to suction it and keep it from getting plugged or obstructed.

There will be an upcoming article by the International Pediatric Otolaryngology Group (IPOG) reflecting the points of consensus and diversity of care regarding children with tracheostomies and home care coming out soon!

Can my child go to school with the trach?

That depends on your child's school so reach out to them early and ask them!

Will my child be able to speak and/ or eat with the tracheostomy?

That depends on why your child needs his or tracheostomy. If it is because of prolonged intubation and the development of subglottic stenosis or a scar below the vocal cords and above the tracheostomy, then your child may not be able to be heard until after a surgery called an airway reconstruction opens the airway. If your child needs a tracheostomy for other reasons, he or she may be able to eat and speak quite well.... But talk to your doctor and ask him or her!

Will my child's tracheostomy eventually come out?

As long as your child does not need to be on a ventilator and is neurologically healthy to the point where he or she can breathe, eat, and swallow, then, eventually, almost every child's tracheostomy comes out! (Often, we need to do some surgery to open the airway to allow for this.)

Do you have other questions? Ask us!



For more information on Tracheostomy's visit our YouTube Channel [HERE](#) and please feel free to share with others.

You can also visit our website at www.operationairway.com to contact us with any other questions you may have.