

Tracheostomy

Basic knowledge



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When is the operation not indicated?

- If your vital signs are not stable.
- Any of your blood tests is abnormal.
- You have difficult neck anatomy.

Your doctor will inform you of all the potential or specific contraindications.

Will I be able to eat and speak ?

Yes you will be able to eat and speak taking into consideration :

- How much awake you are.
- Type of tracheostomy device used.
- The help of a speech therapist

Will the opening be closed later?

It could be closed according to your status your Doctor will be able to evaluate this with time.

What can I do when I am home ?

At home you should watch for signs of infection , clean the tracheostomy according to the recommendations/instructions given to you before leaving the hospital.

Do not hesitate to contact your doctor at any time.

Will I feel pain?

During the procedure you will be given sedation. After the procedure you might feel pain at the operation site pain killers will be given as per your doctor order.

Is it dangerous?

During the procedure you will be put on monitors. The complications that might happen during the procedure include :

- Decrease in oxygen saturation.
- Decrease in blood pressure.
- Increase in heart beats.
- Air collection in the lungs.

What might happen after the procedure?

These complications might happen after the procedure directly or on the long term:

- Bleeding from the operation site.
- Tube displacement.
- Infection (redness at the operation site, purulent discharges).
- Tracheal stenosis (long term)



What are the advantages?

The main advantage of a tracheostomy is to facilitate breathing as well as:

- Improving removal of secretions.
- Weaning from mechanical ventilation.
- Leaving the hospital will be easier.

Where is it performed?

This procedure is usually done in the operating room but in some hospitals it can be performed on the nursing unit.

How Long will this procedure take ?

If performed in the operating room the procedure will take about 1 hour if on the nursing unit it will take 30 to 45 minutes.

What are the preparation for this procedure?

A series of blood tests will be done before the procedure.

Feeding will be stopped at midnight.

Anticoagulation therapy stopped.

What Is A Tracheostomy?

It is a surgical opening at the neck level through it you will be able to breath and clear your secretions.

Who is a candidate?

A tracheostomy is performed if you have one or several of these problems.

- Upper airway obstruction.(cancer)
- Severe trauma to the mouth.
- Inhalation of corrosive material.
- Prolonged intubation or failure to intubate.

