

Greenwich Hospital

Tracheostomy Care: Changing Ties

PATIENT/FAMILY INFORMATION SHEET

Why do I need to change my tracheostomy ties?

It is important to keep the area around your tracheostomy opening (stoma) clean. This helps to prevent infections from bacteria or viruses entering your breathing system through the stoma. Soiled twill ties contain mucus and microorganisms. Supplies can be purchased at most retail pharmacies and medical supply stores.

What supplies do I need to change my ties?

- Clean twill tape ties
- Blunt-nosed scissors (to prevent from cutting yourself) used only for tracheostomy care
- Gloves

How do I change the ties?

1. Thoroughly wash your hands. If you have someone helping you, that person must wash hands, also.
2. **Leave the old ties in place until you have attached the new ones.** This is important to prevent your tracheostomy tube from becoming displaced.
3. Pull one end of the new twill tie through either end of the tracheostomy flange (face plate) hole.
4. Adjust the tie until one end is 3 to 4 inches longer than the other end.



5. Pull both ends of the twill tie around your neck and thread the longer end of the twill tie through the other neck flange hole.



6. Pull the twill tie snug so that one finger fits between the tie and your neck.
7. Tie the two ends of the twill tie together using a knot. Do not use a regular bow tie because this will not be secure and the ends will come untied.
8. Using blunt-nosed scissors cut the excess off the ends of the ties leaving about 1 to 2 inches.
9. Carefully cut the old ties off and discard in the garbage.



10. Wash your hands.
11. Make sure you have another extra clean tie in your supplies for the next tie change.

(See the other Patient Education Handouts for information on how to clean around the stoma and how to clean the tracheostomy tube.)

Source: Mallinckrodt, Inc. @ www.mallinckrodt.com Retrieved May 2005.

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