

Decannulation Aftercare

Community Respiratory Services

Decannulation is the removal of your tracheostomy tube.

Healing

You might notice changes with speaking, coughing, swallowing, eating, and drinking after decannulation. These changes are normal and will likely go away with time.

Stoma care

The opening, also called the stoma, usually takes 1 to 2 weeks to heal. It sometimes takes longer.

You wear a gauze bandage over the stoma while it heals. The bandage needs changing at the following times:

- Every 3 days
- If it gets wet
- If the edges lift, exposing the stoma

Place your hand over the gauze when you cough or talk. This will help the stoma heal faster.



Follow-up care

Follow up with your doctor, nurse, or respiratory therapist 2 weeks after decannulation.

You need to follow up with your doctor, nurse, or respiratory therapist if any of the following happen:

- You have red, yellow, or green fluid on your gauze.
- You notice your pain getting worse, or you have new pain.
- You make more noise when you breathe or snore.
- You have difficulty swallowing.
- You start coughing after eating or drinking.
- You vomit after eating or drinking.

Important safety information

Call 911 if any of the following happen:

- Your breathing sounds squeaky.
- You have shortness of breath when at rest.
- You have difficulty breathing in or out.