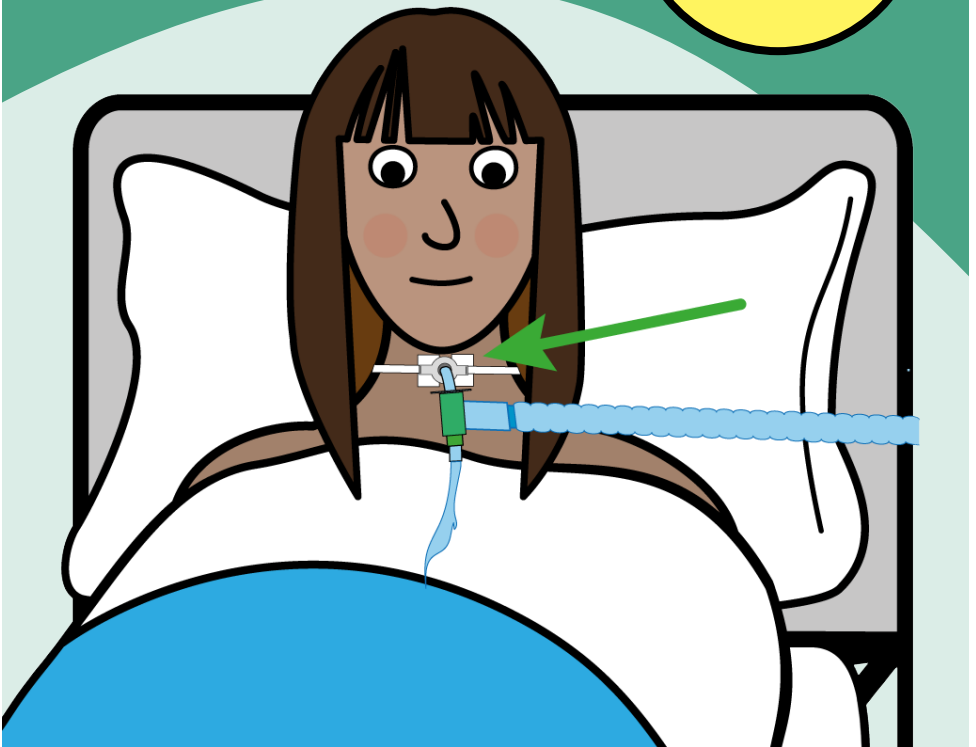


Tracheostomy

Information for patients,
carers and relatives

**Easy
Read**



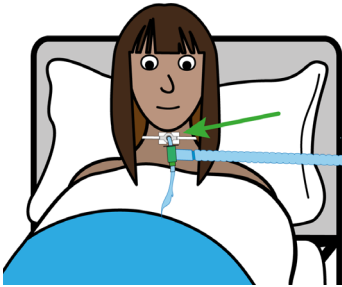
easy read



This booklet uses easy words and pictures.

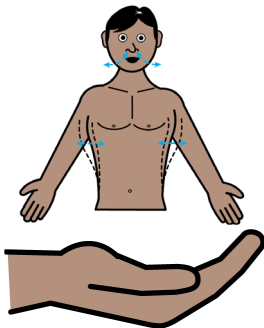
You might want to ask someone to help you read it.

tracheostomy



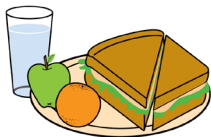
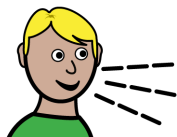
A tube in your neck to help you breathe is called a tracheostomy or a trachy.

help with breathing



It is used when you need help with your breathing for more than a few days.

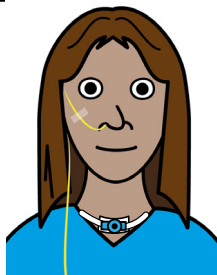
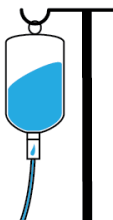
**can't speak,
eat or drink**



communicate



drip or tube



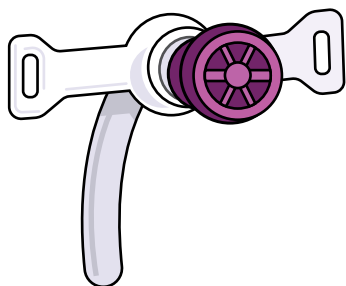
At first you won't be able to speak, eat or drink.

This is normal.

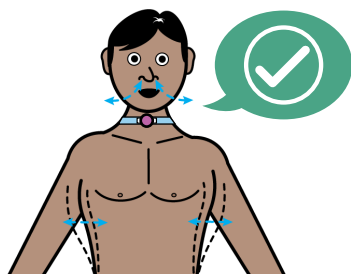
Staff will give you new ways to communicate while you cannot talk.

You will have your food and drinks through a drip or tube.

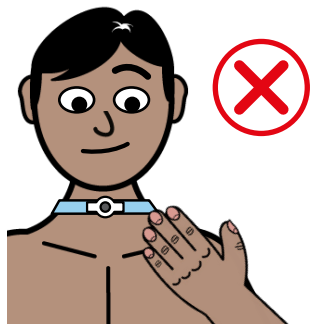
valve



breathing and talking



do not touch



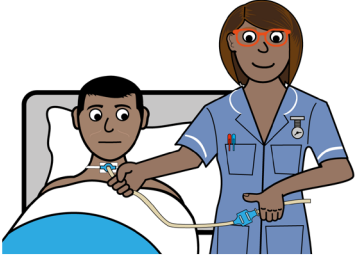
The Speech and Language Therapist or Physio might put a valve on your tube.

This will help you breathe through your nose and mouth.

It will also mean you can talk

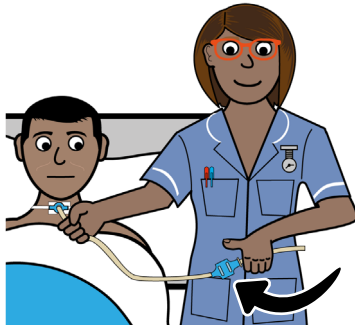
Do not touch your tracheostomy or the dressing or tapes around it.

cleaning tracheostomy



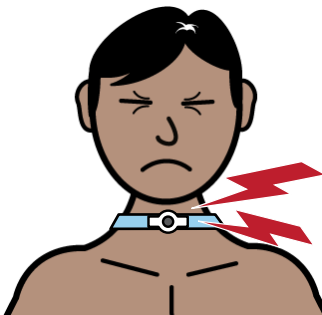
Staff will help you clean and care for your tracheostomy.

suction tube



Staff might need to use a suction tube to clean or clear your tracheostomy tube.

uncomfortable



It may feel uncomfortable in your neck.

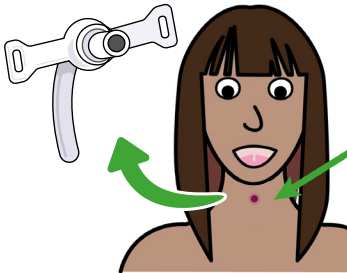
cough



It might make you cough.

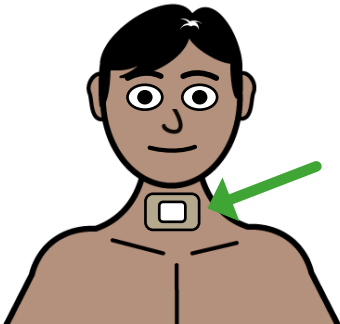
This is normal.

**take out
tracheostomy**



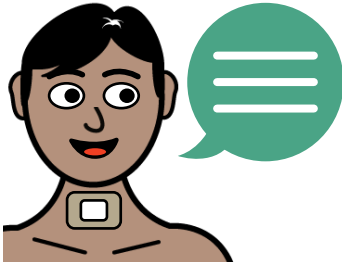
Staff will take the tracheostomy out.

dressing



They will put a small dressing or plaster over the wound.

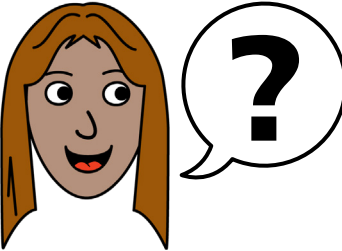
strange voice



Your voice may sound strange at first.

Do not worry, this is normal.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.lidautism@nhs.net

easy read leaflets



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What did you think of your care?

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Your views matter



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