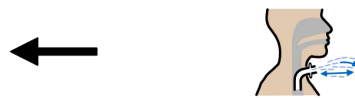
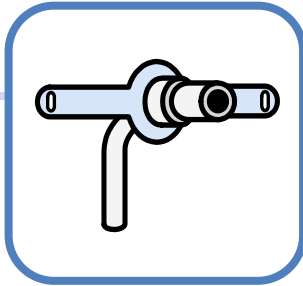


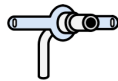
# About a Tracheostomy



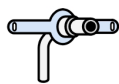
Tracheostomy tubes



This is a **tracheostomy**.



A 'trache' is a special tube which helps you to breathe.



Doctors put this tube in your throat to help you to **breathe more easily**.



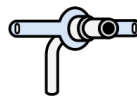
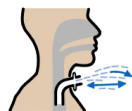
They will do this in the **hospital**.



After this your throat will be a bit sore.



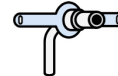
You will be able to breathe better.



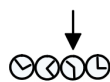
## Tracheostomy tubes



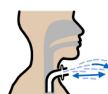
You will have to stay in the hospital for a while.



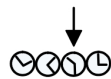
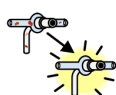
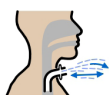
The doctors and nurses can help you while you get used to the tube.



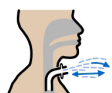
Nurses or your parents will sometimes use a special smaller tube,



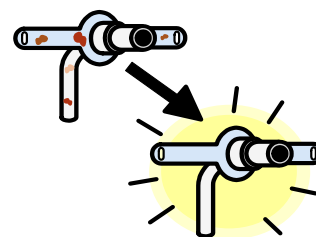
called a **suction tube**, to clean your trache.



Your trache will need to be **changed** sometimes



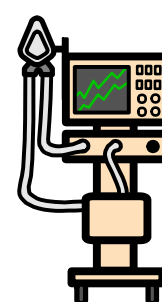
Eventually your trache may be taken out.



Some children have a machine called a **ventilator**.



A ventilator gives even more help with breathing.






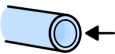
# Speaking








After you are used to your trache, you might be able to speak



by putting your finger over the end of the tube.



















You must ask your **Speech Therapist** before you do this.




The **Speech Therapist** will come and see you.





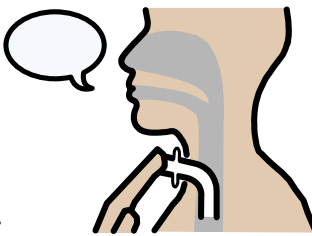
They will see if you can use a **special valve** to help you talk.

The valve is called a **speaking valve**.

A valve helps you to talk by

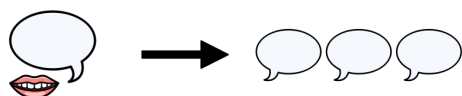
pushing some air up through your voice box to your mouth.



## Speaking



You won't be able to talk straight away.



Speaking takes some practice.



You will practice with the valve on and off.



It might feel a bit strange.



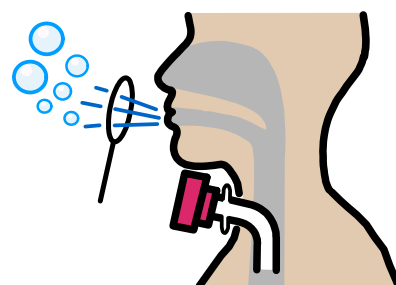
The Speech Therapist will help you to practice using the valve.

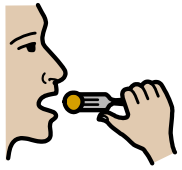


You might do things like blowing bubbles or whistles,

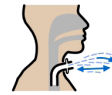
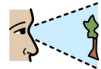


to help you push the air through your mouth.





# Eating



A Speech Therapist will check if you can swallow properly with your trache.



They might say that you should have different food for a while,

=



like softer foods or thicker drinks.



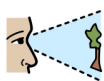
It might feel strange or difficult to swallow with your trache.



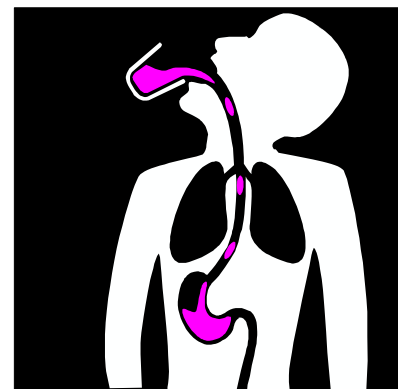
You will get used to it in time.



You might have a special x-ray



to see how well you can swallow.

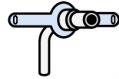




## Eating



The doctors and nurses will help you, your parents or carers,



learn how to look after your trache.



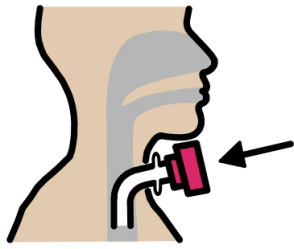
You will be able to go home after they have helped you.



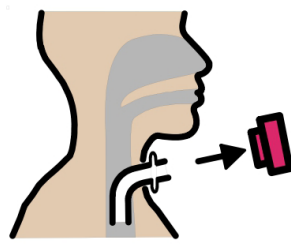
You can get help after leaving hospital



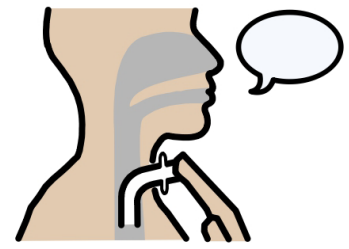
from the doctors, nurses and speech therapist.



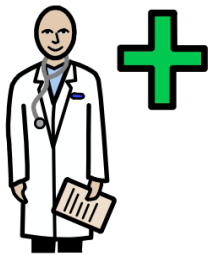
valve on



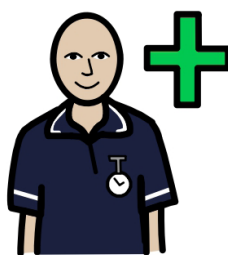
valve off



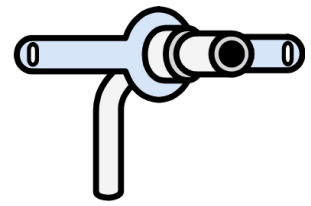
speak



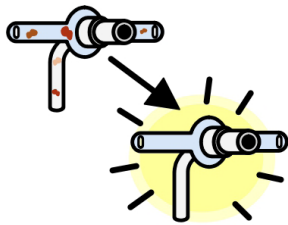
doctor



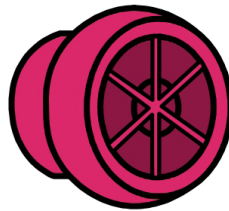
nurse



tube



change tubes



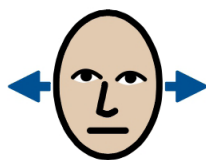
speaking valve



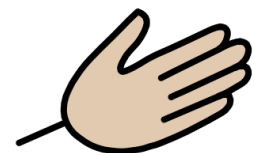
question



yes

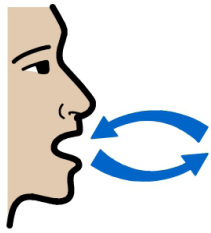


no

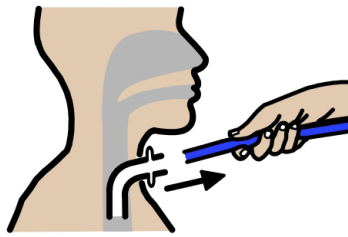


help





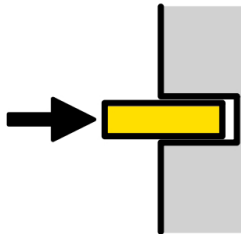
breathe



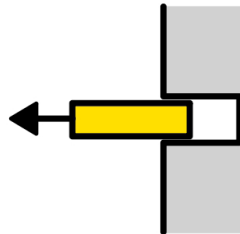
suction tube



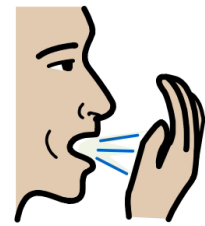
sore



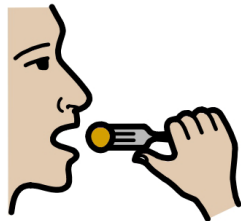
put in



take out



cough



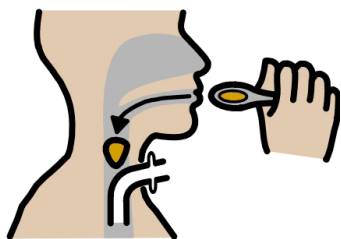
eat



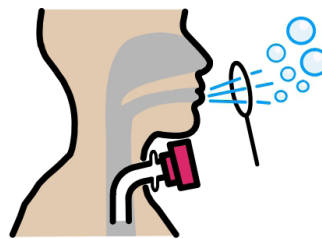
different food



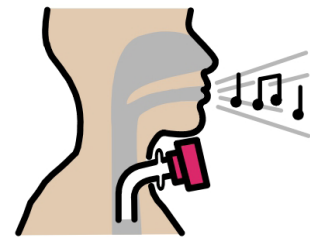
thick drinks



swallow

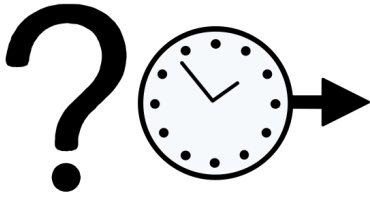


blow bubbles



whistle

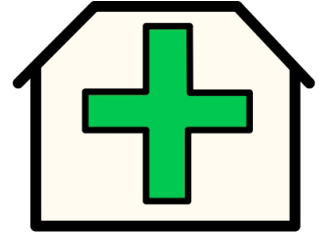




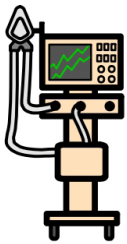
what's next



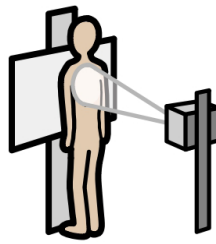
home



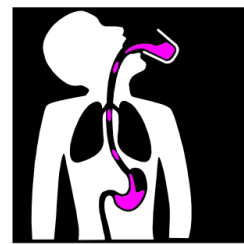
hospital



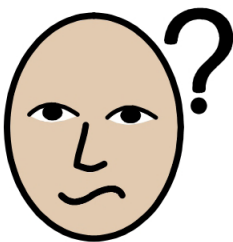
ventilator



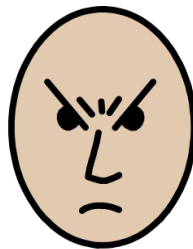
x-ray



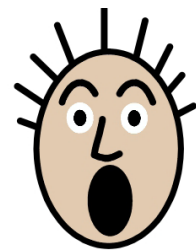
x-ray



strange



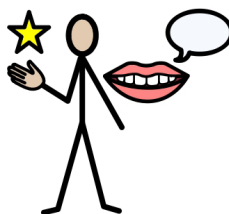
worried



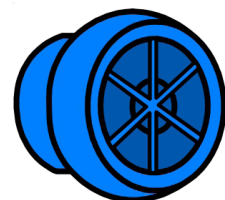
frightened



SALT



speech therapist



speaking valve