

# Showering with your Tracheostomy

*This handout gives important instructions to help protect your tracheostomy site while you shower.*

It is safe to shower with a tracheostomy when you follow these safety steps.

## Protecting your Neck

- It is important to keep water out of your *stoma* (tracheostomy opening). Water in your stoma can make you choke and can get into your lungs.
- Use a cover over your trach site to help keep water away from your stoma.
  - You can use a washcloth or a **shower shield** to cover your stoma while you shower. You can buy shower shields online or at medical supply stores.
  - Make sure the cover or shower shield does **not** block your airflow (breathing).

## Shower Safety

- Use a handheld shower head to wash your body from the chest down.
  - Point the shower head below your neck and stand with your back to the water.
- To wash your head and hair:
  - Stand with your back to the water, then tip your head back.
  - Let the water run over your head and down your back.
  - Use your other hand to help hold your trach cover or shower shield in place.
- Keep your **trach securement collar** on while you shower (see photo).
- After your shower, gently pat the skin around your tracheostomy site dry with a soft, clean towel.
- Replace your trach collar with a clean, dry collar.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.



**Examples of shower shields**



**Trach securement collar**

