

# ALL ABOUT TRACHEOSTOMY

## What is Tracheostomy?

Tracheostomy is a surgically-created hole in the neck below the vocal cords.

A tracheostomy tube is inserted through the opening to allow air passage into lungs when the patient cannot breathe on his/her own.

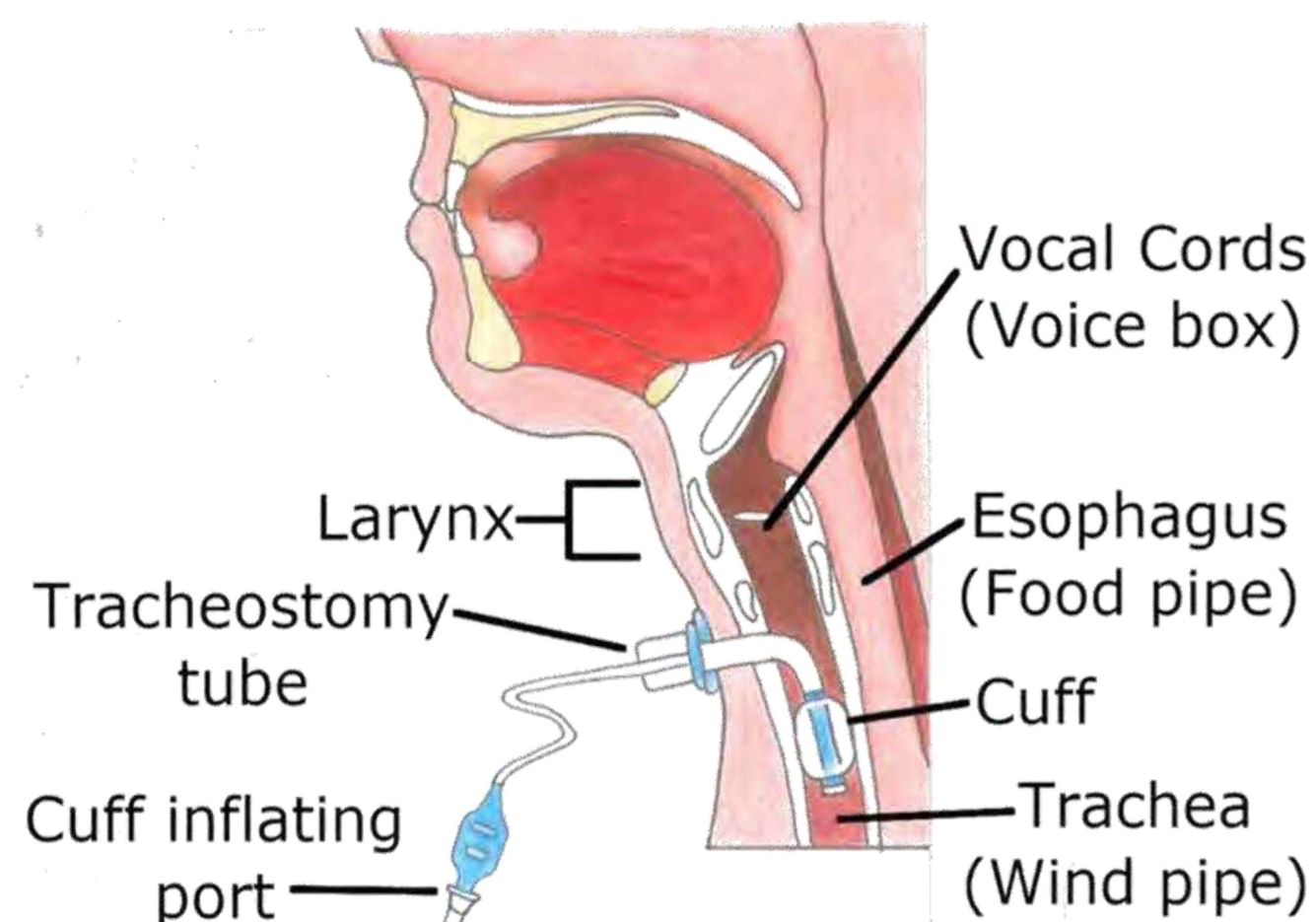


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## Can I Eat With A Tracheostomy?

Tracheostomy tubes can affect the way you swallow. However, you might still be able to eat.

Please consult your physician or speech therapists.

## Can I Talk With A Tracheostomy?

Sound is generated when air passes through the vocal cords. With tracheostomy, most of the air escapes through the tracheostomy tube. Lesser air passes through the vocal cords, making it harder to speak. However, you can still talk using finger occlusion, a speaking valve or through ventilator leak speech.

Please consult your physician or speech therapist to find out more about the methods above.



## Can I Shower With A Tracheostomy?

Yes. You just need to take special precautions to prevent water from entering the tracheostomy.

You may consult your Occupational Therapist for further advice.



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