

Tracheostomy Care Video Library

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□ Recovering from a Tracheostomy: Before You Leave the Hospital



Watch this [video](#) to learn how to recover from and live with a tracheostomy.

□ How to Care for Your Tracheostomy Stoma



Watch this [video](#) to learn how to care for your tracheostomy stoma to make sure you breathe comfortably and prevent infection.

□ Living With Your Tracheostomy



Watch this [video](#) to learn how to live with a tracheostomy to how to make sure it stays working well and infection free.

□ How to Clean Your Tracheostomy Inner Cannula



Watch this [video](#) to learn how to clean the reusable inner cannula from your tracheostomy, and how to avoid infection.

□ **Tracheostomy: How to Avoid
Mucus Build-up**



Watch this [video](#) to learn why a tracheostomy causes your body to produce more and how you can avoid a mucus build-up.