

FACT SHEET



Cleaning your stoma



Cleaning your stoma

Top Tips:

- Before leaving hospital you will be taught how to care for your stoma (the opening on your neck through which you breathe) and this will soon become less time consuming as you get used to the routine.
- Do not allow any secretions to build up around your stoma area or down the airway.
- Check for secretions in and around the stoma at least three times daily - morning, midday and before going to bed.
- If you wear a stoma tube or stud you will need to remove it and replace it with a clean one when you clean your stoma. Your nurse will show you how to do this.
- If you wear a baseplate and filter system it will need to be removed and replaced. Your nurse will advise you on how to do this and how often as this may vary from person to person.

How to clean your stoma:

- Step 1** You will need a free standing table mirror, a good light (pen torch), gauze swabs and some cleaning solution (freshly boiled and cooled water or saline solution)
- Step 2** Once the tube/stoma support is removed, clean around the stoma with gauze dampened in the cleaning solution, wiping away any secretions. You may need to do this on the inside of your stoma also. Special adhesive removers are available to help remove any adhesive residue.
- Step 3** Moisten any dried secretions with damp gauze and gently remove. Your nurse may have given you angled forceps to gently remove any crusts. You may need a relative, friend, or District Nurse to help you. Using light from pen torch check that the inside of your stoma is clear.
- Step 4** Occasionally the skin around the stoma may become sore. Barrier wipes and creams are available on prescription and can be used to protect the skin.
- Step 5** When your stoma is clean and dry reinsert a clean tube or stud or replace your baseplate and filter system if it has been removed.

Report any changes in your stoma, such as size, redness, swelling or sores, to your GP or nurse.

FACT SHEET SERIES

This FACT SHEET was written by the ENT/Maxillofacial Dept.
Queen Elizabeth Hospital, Birmingham
Compiled by Countrywide Supplies Ltd.

Copyright 2009

Copies and further titles are available from:

Countrywide Supplies Ltd.

info@countrywidesupplies.co.uk

How to order your Laryngectomy and Tracheostomy Prescription Supplies (excluding drugs):

1

Contact Countrywide Supplies Ltd.
(Freephone, email, post or fax)



2

Place your order, give the product code and quantity



3

Your order will be delivered the next working day



4

Either send in your prescription or we can collect it from your GP



You can also view and order your products on our online system: www.countrywidesupplies.co.uk

Phone 0800 783 1659

Text 0780 014 0059

Fax 0115 987 0144

Email orders@countrywidesupplies.co.uk

Post 32 Meadow Road

Netherfield

Nottingham

NG4 2FR

Countrywide Supplies Ltd

0800 783 1659

For your Laryngectomy, Tracheostomy and Stoma Prescription Supplies