

Making a Homemade Trach Tie

How to make a trach tie using common trach supplies

Gather supplies



- Pre-cut umbi-tape (umbilical tape)
- 14 French (14 Fr) simple suction catheter tubing
- Crochet hook or similar thin device to push tape through the catheter (as pictured)
- Scissors and gloves
- 2 trained caregivers

Make the tie



1

Cut off both ends of the simple suction tubing leaving only the hollow tube.



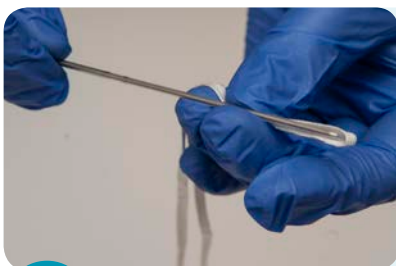
2

Start on one side of the trach flange and wrap around back of your child's neck, all the way around to the other side of the flange. Each end of the suction tube should reach the flange or it is too short.



3

Hold the tubing to keep your place. Move the tubing away from your child. Carefully cut the tubing about 0.5 cm shorter than measured length.



4

Take the umbi-tape and fold equally in half. Take a crochet hook (or similar) device and place it in the center of the umbi-tape fold.



5

Slowly push the umbi-tape into the hollow suction tubing as far as you can with the crochet hook. The umbi-tape should slide far enough to be grabbed at the other end of the hollow suction tube. Next, pull the tape the rest of the way through from the other side with the hook.



Now you have a loop sticking out of one end of the tubing and two umbi-tape ends sticking out of the other.

Clean the stoma

- 1** Set up for stoma care.
- 2** “Stoma care helper” secures the trach and holds it in place.
- 3** “Stoma care cleaner” removes the old dressing and tie. If the ties are homemade trach ties, change them weekly.
- 4** Perform stoma care as usual.

Secure the tie



1

Thread the looped end of the umbi-tape through the trach flange on one side where the Velcro holders normally go.



2

Put the whole tubing through the loop you just created starting with the opposite side with the umbi-tie ends.



3

Pull tight to secure.



4

Wrap the tubing around the back of your child's neck to the other side of the flange.



5

Thread one umbi-tape strand through the flange hole.



6

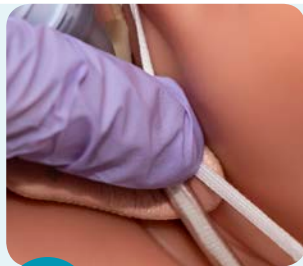
Pull tight. Now make a square knot with the two strands (see the next page). This type of knot prevents slippage.

Making a square knot



1

Pull the right strand over and under the left. Pull tight.



2

Have the trach holder (purple gloves) press a finger into the knot to hold it tight.



3

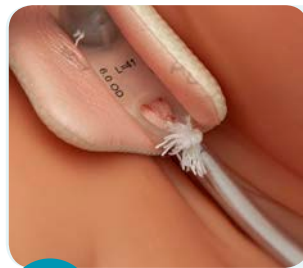
Pull the left strand over and under the right strand.



4

Pull tight to complete the square knot.

Finish and check the fit



1

Cut off the loose ends of the ties, leaving about 1 cm of the umbi-tie strands.



2

Check fit: You should be able to fit one finger underneath the new ties. This shows the trach is secure.

- Two fingers easily slipping underneath the ties means it is too loose and the trach could come out.
- No fingers fitting underneath the ties means it is too tight and could cause skin breakdown.

Remember:
Change out your umbi-tie homemade trach ties once a week during routine stoma care

To Learn More

- Respiratory Care
206-987-2258
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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