

Hi folks! At the request of several of my peers, here's a list of the necessary supplies to live peacefully with a tracheotomy. A quick reminder that I'm not a doctor, and here we go.

**Fixed equipment :**

- 2 "Astral" ventilators from Resmed.
- A BVM with an oxygen tank (just in case).
- A operating room-grade tube holder (the "daisy" kind)
- 3 suction devices. One for the mouth, one for tracheal suctions, and a spare one.
- A manometer to manage the balloon.
- A weighing system if your weight changes, air volumes being partially indexed on your weight. Beds with integrated weighing systems do exist. They are quite expensive, but they can be funded.

**Consumables :**

- A spare, last generation cannula.
- A smaller cannula, to be safe.
- Inner cannulas.
- Ties.
- Filters.
- Closed-loop suction systems (*they have to be changed every 72 hours*).
- Rigid suction cannulas, Yankauer type
- Flexible protected suction cannulas, if an open loop system is used.
- A silver nitrate stick, for possible warts
- 2 tube circuits with valves.
- Tracheal pads with silver layers.
- Sterile gloves.
- Non woven sterile pads and saline solution.
- Dressings.
- Ringed connectors, in case they aren't included in the tracheostomy kit.

**During the monthly cannula change :**

- A sterile lubricating spray.
- A Trousseau dilator (if recommended by your doc')
- An oximeter.
- Betadine scrub.
- Betadine topical solution.

- 10 cc syringe.

**Others :**

- A perfectly working electrical installation.
- An emergency protocol with your energy provider. They cannot cut your supply and in case of system-wide outage, they have to come to your place first. Anyway, each device is equipped with its own backup battery with a life span of several hours. You have priority first with emergency services as well.

And there you go. Of course, it's a little bit tedious, but you will be helped. Most of these products will be supplied by a skilled medical providers who, once they have your prescriptions, will take care of everything.

Let me know if you have any questions.

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