

Montgomery T-Tube (MTT)



UHN

Information for Patients

Montgomery T-Tube What You Need to Know



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Author: Jennifer Deering, RN and Gina Bryden, Clinical Educator

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

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What is a Montgomery T-Tube (MTT)?

The Montgomery T-Tube was developed by Dr. William Montgomery in 1965. This tube, which is shaped like the letter T, is made from silicone material. It is used for keeping (stenting) your airway open after repair of tracheal stenosis.

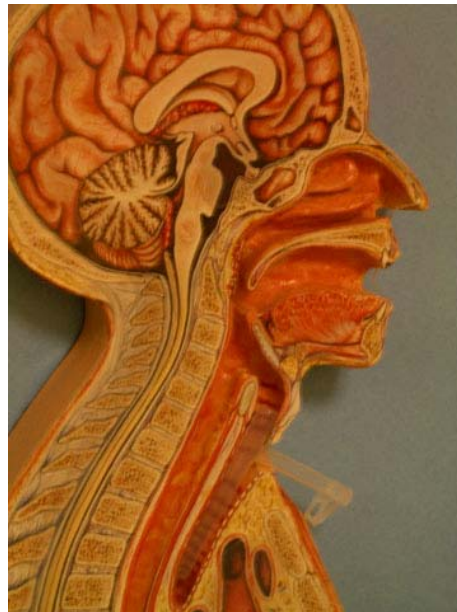
What is tracheal stenosis?

Tracheal stenosis is a narrowing of your airway making it difficult for you to breathe. The treatment for tracheal stenosis is surgery with an insertion of a MTT.

What does a Montgomery T-Tube look like?



(#1) An Actual Tube



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How long will I have the MTT?

Normally your MTT will remain in place for approximately 4 to 6 weeks. You will then return for a brief hospital stay (normally 2 to 3 days). Your surgeon will examine your airway in the operating room. If healing has occurred, your surgeon will remove the MTT and replace it with a temporary tracheostomy tube. This procedure takes around 1 hour to perform. It is done while you are asleep.

The tracheostomy tube will be removed 24 to 48 hours after insertion. Removal of this second tube is done at the bed side or in the clinic. It is done while you are awake and is quick and painless. You will then be discharged home.

How to Care for Your MTT?

Your nurse will show you how to do this. To clean your MTT will need:

- Hydrogen peroxide
- Normal saline (salt water)
- Q-tips
- Dixie cups
- A flat working surface
- Gauze squares
- # 10 french suction catheters
- A suction machine
- A mirror

You will get most of these supplies from Home Care. When they run out, you can buy them from a drug store or a medical / surgical supply store.

Preparing Your MTT Cleaning Supplies

- Collect the things you need to clean your MTT.
- Wash your hands.
- Put the cleaning items on a flat surface, such as a table or counter top.
- Ensure your mirror is set up so you can clearly see your neck and MTT.
- Pour your cleaning solutions (hydrogen peroxide and normal saline) into the Dixie cups.



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Cleaning Your MTT:

- MTT care should initially take place twice a day and as needed.
- Using Q-tips dipped in hydrogen peroxide solution, clean the outer portion of the MTT and the skin around the tube. Do this until all the crusts and secretions have been loosened.
- Repeat with normal saline.
- Let dry, then apply a thin layer of Vaseline to the skin next to your tube as a protective barrier.
- If you notice signs or redness, infection, drainage or pus, odour and / or swelling, call your doctor.

Squirt and Suctioning Your MTT:

- Unplug your MTT.
- As you breathe in, squirt salt water (normal saline) into your opened tube. This helps to loosen your mucous and makes it easier to cough up and remove by suctioning.
- Cough and clear as much of your mucous as possible.
- Proceed to suction your MTT both up and down.
- Use an extra small suction catheter (#10 in size).
- Suction down by gently bending the outside part of the MTT up and then insert the suction catheter 1-2 inches (see attached photo). Then place your thumb over the catheters opening. This provides suction. Keep your thumb on the hole as you suction and remove the catheter. You should not suction longer than 10 seconds.
- Rinse your catheter in salt water.
- Suction upward by gently bending the outside part of the MTT down (see attached photo). Repeat the steps noted above for downward suctioning.

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Important Facts about Your MTT:

- Your MTT is a small airway. It does not have a removable inner cannula for easy cleaning. Because of this you can develop mucous plugs easily. It is important for you to take good care of your MTT as outlined in this package. By doing so it will help to keep your airway open.
- Your MTT must be capped at all times except for suctioning. If you leave your MTT unplugged, there is a higher risk of forming mucous plugs.
- You should have a cool mist vaporizer in your home. It should be by your bedside while you sleep at night. This will help to keep your mucous moist and easier to remove when you squirt and suction.

Call Your MD!

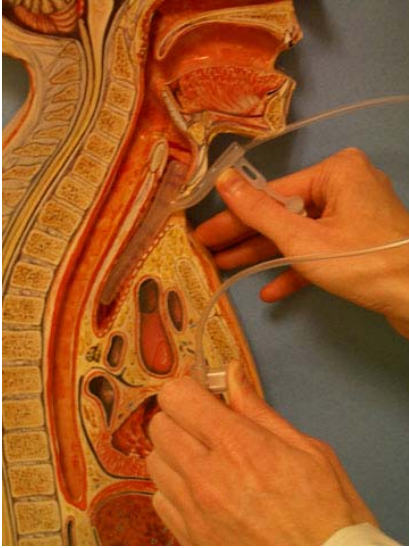
If you develop breathing difficulties try squirting and suctioning your MTT. If your breathing doesn't return to normal, keep your MTT uncapped. Seek medical attention immediately.

THIS IS AN EMERGENCY.

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A) Upward Suctioning

The suction catheter is directed upward by bending the external part of the MTT down.



B) Downward Suctioning

The suction catheter is directed downward by bending the external part of the MTT up.

