

Using saline soaks

This handout tells you how to make and use saline (salt water) soaks. Saline soaks help heal the granulation tissue that sometimes forms around your child's g-tube stoma.

The extra salty water pulls moisture away from the stoma. This dries the skin and reduces redness and swelling.

Use saline soaks when you see redness, swelling or granulation tissue around your child's g-tube site. These problems are shown in this picture.



How to make and use saline soaks

1. Mix 2 teaspoons of table salt in 1 cup of warm water. Stir until the salt dissolves. This extra salty water is called 'hypertonic'.
2. Soak a piece of gauze or a clean washcloth in the salt water.
3. When the gauze or washcloth is cool, place it around the g-tube. Leave it there to soak the skin for 5 minutes.
 - Do not let the gauze or washcloth become dry. If it is dry, removing it may pull at the stoma causing pain.
4. Remove the gauze or washcloth. Leave the stoma open to the air to dry.
5. Apply a soak up to 4 times a day, until the skin problems get better.

**To make your own
saline soak:
Mix 2 tsp table salt
in 1 cup warm water.**

Call or visit your family doctor if you have concerns with your child's g-tube site, such as redness, swelling, pain or increased discharge.

**If you continue to have problems, call Julia Yole,
Nurse Practitioner for Pediatric Surgery at 905-521-2100, ext. 73618**