

What is a Hypertonic Salt Water Soak?

- A hypertonic salt water soak is gauze that has been saturated with extra salty water.

Why use a Hypertonic Salt Water Soak?

- They can be used when having problems with a feeding tube stoma, such as redness or swelling, or if there is **hypergranulation tissue**.
 - ⇒ Hypergranulation tissue is bumpy or swollen tissue that is wet and often bleeds easily. It can also be painful.
 - ⇒ Applying hypertonic salt water soaks to the hypergranulation tissue might help it heal.
- The extra salt in the hypertonic salt water soak helps to pull moisture away from the tissue, dry the skin, and reduce the swelling and redness. This is the first step to prevent or treat hypergranulation tissue.



ALERT: Some people refer to these as “saline soaks”, but this is not correct because saline solution is not salty enough. If you see saline in a store for purchase, do not buy or use it to treat hypergranulation tissue – it does not have the correct salt concentration.

Making your own Hypertonic Salt Water Soak:

- Step 1:** Mix 2 teaspoons of table salt with 1 cup of warm water in a clean cup or bowl until the salt dissolves.
- Step 2:** Cut the shape of a “Y” into a piece of gauze
- Step 3:** Soak the gauze in the salt water, and then squeeze out some of the water so the gauze is not dripping wet.
- Step 4:** Place the wet gauze on the skin around the feeding tube and leave it there until the gauze cools. This will take about 5 to 10 minutes. Do not let the gauze dry. If the gauze is too dry, it may pull at the stoma and cause pain when being removed.
- Step 5:** Once the gauze is cool, remove it and leave the stoma open to the air to dry. You do not need to wash the salt off the skin afterward.

How often to apply Hypertonic Salt Water Soaks:

- You can apply hypertonic salt water soaks up to four times per day when having problems with the stoma.
- If there are signs of infection such as redness, swelling or a foul smell, call or visit your healthcare provider for assessment.

What to do when you have concerns about granulation tissue:

- A person with a feeding tube does not need to go to the emergency department to be treated for granulation tissue.
- If you have any concerns, call _____.

Adapted with permission from SickKids.

G/GJ tubes: Hypertonic salt water soaks. (Sept 17, 2019). Retrieved from <https://www.aboutkidshealth.ca/ggj-tubes-hypertonic-salt-water-soaks#:~:text=Here's%20how%20to%20make%20your,gauze%20is%20not%20dripping%20wet> on November 26, 2024.

