

How to use your *incentive spirometer*



An incentive spirometer is a simple tool that can help you learn to take long, deep breaths to keep your lungs clear and active.

With regular use it helps:

- Improve how much air goes in and out of your lungs when you breathe
- Clear anesthesia from your lungs
- Loosen mucus from your lungs
- Prevent lung complications, such as pneumonia

Tips:

- Avoid using the spirometer at mealtime
- Breathing too quickly may cause dizziness or cause you to pass out
- Keep the incentive spirometer within reach, so you remember to use it as directed
- Ensure your pain is controlled, so you can more easily take a deep breath
- If you have an incision on your chest or abdomen, place a pillow or a rolled-up towel firmly against the incision when you cough to help reduce pain
- When you can, get out of bed and walk around often to help prevent blood clots and pneumonia

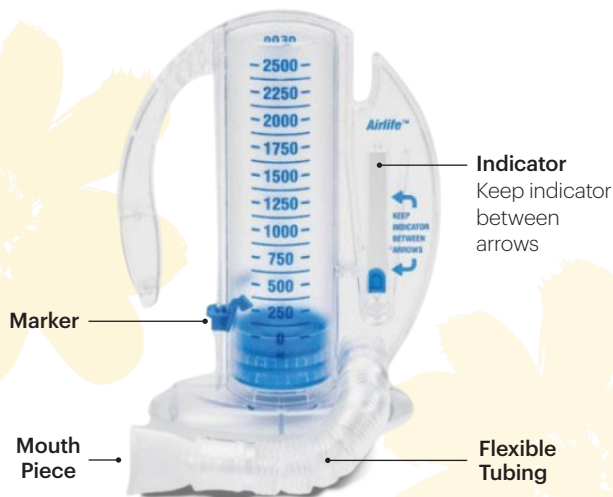
How to use your incentive spirometer:

1. Sit up fully in a comfortable position.
2. Breathe out normally.
3. Insert the mouthpiece and close your lips tightly around it.
4. Breathe in as slowly and deeply as you can (like sucking a milkshake through a straw), keeping the indicator between the arrows.
5. Hold the breath for 5 seconds, or for as long as you can.
6. Remove the mouthpiece and breathe out normally.
7. Rest for a few seconds and take a few normal breaths.
8. Repeat 9 or more times (or as instructed by your provider).
9. Cough a few times to help clear your lungs.
10. Move the marker to the highest number you achieved.

Complete this cycle (10 breaths) each hour when awake or as instructed by your provider.

How to clean your spirometer:

1. Avoid placing it in water, as this can damage the device.
2. Sani-wipe the base only.
3. Clean tubing and mouthpiece with liquid detergent and water, rinse well.
4. Shake remaining water from tubing and place on paper towel to dry.



 **Piedmont**

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