

Using an Incentive Spirometer

An incentive spirometer is a device that helps you do deep breathing exercises after surgery. Or it helps lower the risk for breathing problems if you have a lung disease or condition. These exercises expand your lungs, aid in circulation, and help prevent pneumonia. Deep breathing exercises also help you breathe better and improve the function of your lungs by:

- Keeping your lungs clear
- Strengthening your breathing muscles
- Helping prevent respiratory complications or problems

The incentive spirometer gives you a way to take an active part in your recovery. A nurse or respiratory therapist will teach you breathing exercises. To do these exercises, you will breathe in through your mouth and not your nose. The incentive spirometer only works correctly if you breathe in through your mouth.

Your healthcare provider or his/her staff will tell you how to use the device, your targeted volume(s), and provide other helpful tips to prevent complications (such as pain, dizziness, feeling lightheaded) when blowing in the incentive spirometer.



Steps to clear lungs

Step 1. Exhale normally. Then, inhale normally.

- Relax and breathe out.

Step 2. Place your lips tightly around the mouthpiece.

- Make sure the device is upright and not tilted.
- Sit up and breathe out (exhale) fully
- Tightly seal your lips around the mouthpiece

Step 3. Inhale as much air as you can through the mouthpiece. Don't breathe through your nose.

- Breathe in (inhale) slowly and deeply.
- Hold your breath long enough to keep the balls, piston, or disk raised for at least 3 to 5 seconds, or as instructed by your healthcare provider.
- Exhale slowly to allow the balls, piston, or disk to fall before repeating again.

Note: Some spirometers have an indicator to let you know that you are breathing in too fast. If the indicator goes off, breathe in more slowly.

Step 4. Repeat the exercise regularly.

- Do sets of 10 exercises every hour while you're awake, or as instructed by your healthcare provider. Don't do more than 30 breaths in each set.
- If you were taught deep breathing and coughing exercises, do them regularly as instructed by your healthcare provider, nurse, or respiratory therapist.