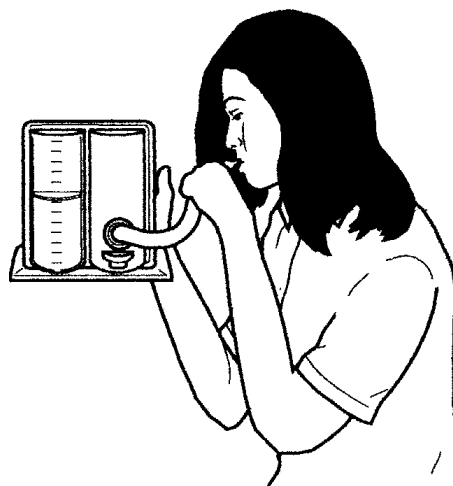


Incentive Spirometer

An incentive spirometer is a device used to help you take deep breaths. This opens the air sacs in your lungs to keep your lungs healthy.

How to use the incentive spirometer:

1. Hold the device straight up in front of you.
2. Breathe out.
3. Close your lips tightly around the mouthpiece.
4. Inhale slowly and deeply through your mouth.
This slow deep breath will raise the piston as the air sacs in your lungs open.
5. When you feel you cannot breathe in any longer, take the mouthpiece out of your mouth.
6. Hold your breath for 3-5 seconds then breathe out slowly.
7. Breathe normally for a few breaths and let the piston return to the bottom of the chamber.
8. Repeat this 10 times. If you feel dizzy, slow your breathing down.
9. After you take the 10 deep breaths on your incentive spirometer, cough. This may remove secretions that build up in your lungs.
 - **If you have had surgery on your chest or stomach,** hold a pillow or folded blanket over your incision. You will have less pain when you cough.
10. Repeat these steps every 2 hours or as directed.



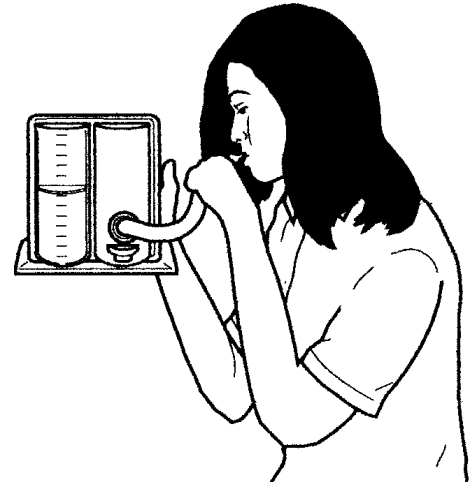
Talk to the staff if you have any questions or concerns.

自诱性呼吸训练器

自诱性呼吸训练器是用于帮助您进行深呼吸的一个装置。它打开您肺中的气袋，使您的肺脏保持健康。

如何使用自诱性呼吸训练器：

1. 将装置在身体前拿端正。
2. 呼气。
3. 咬住咬嘴，闭上嘴唇。
4. 用嘴慢慢地深吸气。这种慢慢的深呼吸在肺部气囊打开时将抬升肺瓣。
5. 当您觉得不能再吸气时，从嘴里取出咬嘴。
6. 屏息 3-5 秒钟，然后慢慢地呼出。
7. 正常呼吸几次，让肺瓣返回胸腔底部。
8. 这样重复 10 次。如果您觉得晕眩，请减慢呼吸。
9. 在用自诱性呼吸训练器作了 10 次深呼吸之后，请咳嗽。这样可除去在您肺中积聚的分泌物。
 - **如果您在胸部或腹部做过手术**，在切口处握一个枕头或折迭的毯子。当您咳嗽时，您就不会那么疼痛。
10. 请每 2 个小时重复一次这些步骤或按说明进行。



如果您有任何疑问或关注事宜，请告知您的医生或护士。

Incentive Spirometer. Simplified Chinese.

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