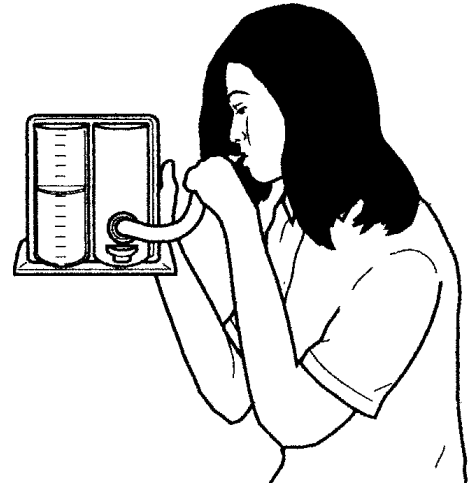


# Incentive Spirometer

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.**