

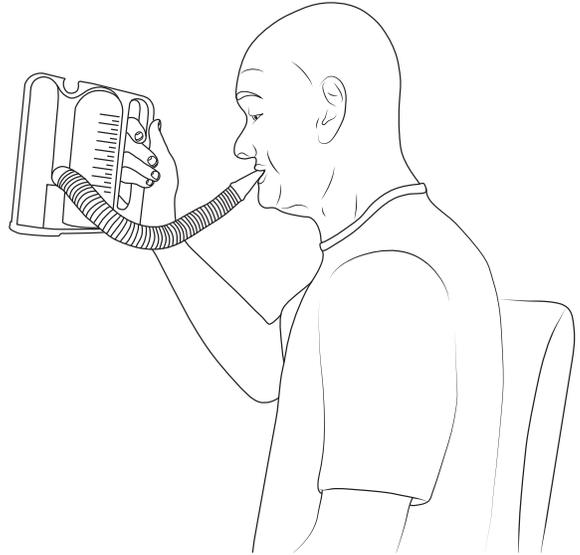
# Incentive Spirometer

Use your incentive spirometer, also called a breathing exerciser, to help you take slow deep breaths to open the air sacs in your lungs. This helps to reduce the chance of developing breathing problems, like pneumonia, after surgery.

Do these exercises every 1 or 2 hours each day. You will do these exercises in the hospital and for 2 to 3 weeks at home as you recovery from surgery.

## Steps for use

1. If possible, sit up straight. It may help to sit on the edge of a chair or your bed.
2. Hold the incentive spirometer upright.
3. Breathe out and then close your lips tightly around the mouthpiece. Take in a slow, deep breath through your mouth.
4. As you take a deep breath, the piston in the clear chamber of the incentive spirometer will rise. Breathe in slowly to allow the air sacs in your lungs time to open. Your incentive spirometer has an indicator to let you know if you are breathing too fast.
5. After you breathe in as deeply as you can, hold your breath for 3 to 5 seconds. Set the goal indicator at the level that you reached.
6. Take out the mouthpiece and breathe out slowly. Relax and breathe normally for a few seconds until the piston returns to the bottom of the chamber.
7. Repeat these steps a total of 10 times. If you start to feel light-headed or dizzy, slow down your breathing and give yourself more time between deep breaths.
8. After doing the 10 deep breathing exercises, take a deep breath and cough to clear mucus from 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.



**Talk to your doctor or nurse if you have any questions or concerns.**