

Qalabka balaariya Sambabada si aad sifiican ugu neefsato

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.

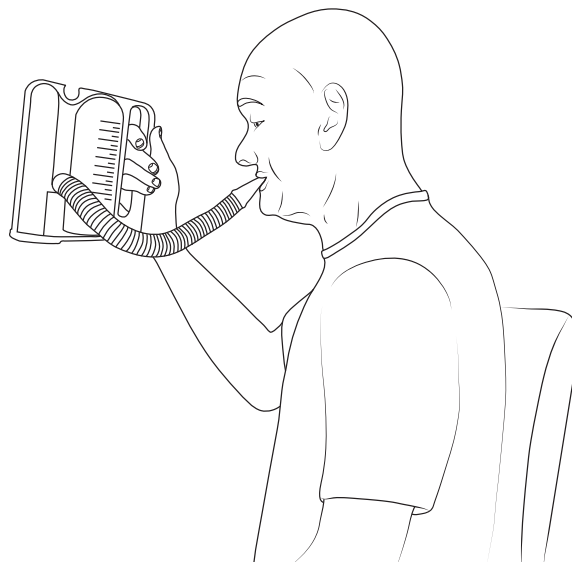
Do these exercises every 1 or 2 hours each day. You will do these exercises in the hospital and for 2 to 3 weeks at home as you recovery from surgery.

Isticmaal Qalabka balaariya sambabada si aad sifiican ugu neefsato, oo sidoo kale loo yaqaan neefsasho fududeeyaha, si uu kaaga caawiyo inaad si degan u qaadato neefta uuna u furo aagaga sambabada. Tani waxa uu kaacaawinayaa inaad yareyso suurtagalnimada aad ku qaadi lahayd dhibaatooyinka neefta, sida barakuutada, kadib qaliinka.

Samee jimicsigaan 1 ama 2 dii saacba maalin kasta. Waxaad jimicsigaan ku sameynaysaa isbitaalka iyo 2 illaa 3 asbuuc guriga isla markiiba marka aad kasoo kabsato qaliinka.

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.



Tilmaama ku aadan sido loo isticmaalo

1. Haddii ay macquul tahay, si toos ah u fariiso. Waxaa ku caawin kara haddii aad ku fariisato kursi geeskiis ama sariirta.
2. Kor u qaad qalabka neefta.
3. Neefta banaanka u soosaar kadibna xir bishimahaaga adoo isku dhijinaaya afka. U qaado si degan, neef hoose ka qaado afka.

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.
4. Marka aad qaadato neef hoose, birta kujirta qalabka balaariya sambabada ayaa kor usoo baxaysa. Si degan u neefso si hawada sambabadaada waqti u qaataan ay ku furmaan. Qalabka balaariya sambabada wuxuu leeyahay calaamad kuusheegeysa inaad si dhaqso ah u neefsaneysa.
 5. Kadib marka aad neefta u qaadato sida ugu habboon, qabo neeftaada 3 illaa 5 sikin. Calaamadee meesha aad gaartay.
 6. Soo qaado birta afka si aayar ahna neefta usoo bixi. Naso una neefso si caadi ah muddo dhowr sikin ah illaa birta kor usoo baxday kusoo noqoto qaybta hoose.
 7. Ku celceli talaabooyinkaas 10 jeer. Haddii aa dareeto madax qafiif, dawakhsanaan, yaree neeftaada qaadana waqti aad ku sameyso neefsasho hoose.
 8. Kadib marka aad sameyso 10 kaan jimicsi ee neef qaadashada hoose ah, qaado neef hoose kadibna qufac si aad meesha oga soo saarto xamka kujira sambabadaada.
 - Haddii aad xabadka qaliin ka martay ama caloosha, soo qaado barkin ama buste lalaaban kuna qabo meesha lagaa qalay. Waxaad dareemi doontaa xanuun yar marka aad qufacdo.

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

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.