

# **Incentive Spirometer (1 ball)**

An information guide



# Incentive Spirometer (1 ball)

## What is it?

A small device that encourages you to take deep breaths by inhaling through a tube.



## Why is it important?

### Before surgery it:

- Increases lung capacity
- Trains you to take deep breaths
- Prepares your lungs for surgery

### After surgery it:

- Re-opens the bottom of the lungs after surgery
- Encourages the movement of phlegm (secretions) out of your lungs so you can cough it up
- Reduces the risk of chest infections
- Reduces your hospital stay and speeds up your recovery

## Directions for use

1. Sitting in an upright position, **fully exhale all the air from your lungs.**
  2. **Place lips around mouthpiece** – ensure a good seal and that the tube is connected properly.
  3. **Slow and controlled, take a deep breath in** – the small yellow ball should hover in the smiley face region.
  4. **Maintain a slow deep breath in for as long as you can** (the white marker on the right indicates how big a breath you are taking – the higher the better).
  5. **Complete 3 breaths, rest, and repeat**, so you have completed this three times in total.
  6. After using your incentive spirometer, **make sure you cough and clear any phlegm** (secretions).
- **Before surgery:** aim to complete **at least 4 times a day**, in order to ‘train’ your lungs in preparation for surgery.
  - **After surgery:** Complete **hourly** until your mobility is back to normal. Your physio will provide more guidance on this.

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