

DOSHER MEMORIAL HOSPITAL

CARDIOPULMONARY SERVICES

Why do I need to use an incentive spirometer?

Using your incentive spirometer after surgery will help you keep your lungs clear and active throughout the recovery process.

How do I use an incentive spirometer?

Sit up and hold the incentive spirometer.

- Breathe out (exhale) normally.
- Place the mouthpiece of the incentive spirometer in your mouth. Make sure you make a good seal over the mouthpiece with your lips.
- Breathe in (inhale) **SLOWLY** through the mouthpiece as the blue piston on the left side rises. Try to get this piston to rise as high as you can.
- When you cannot inhale any longer, remove the mouthpiece and hold your breath for 3 to 5 seconds as the piston returns to the bottom.
- Exhale normally.
- Set the goal marker at the level you reached.

Repeat these steps 10 times/breaths with your spirometer every hour while you are awake.

