



How to use an Incentive Spirometer

- Empty your lungs by blowing out all the air in your lungs, like you are blowing out candles
- Place the mouthpiece in the mouth with the lips making a seal
- Bring the air that you just blew out back in slowly and deeply, like you are sucking on a straw
- When your capacity is reached, hold for a second then let go and breathe
- When the white lever returns to the bottom, start again
- Work on keeping the yellow lever in the “Best” range
- Repeat at least 10 times an hour
- Consistency is as good as volume. Don’t be discouraged if your capacity is low or does not increase. Just keep at it.

This will prevent postoperative pneumonia.