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.