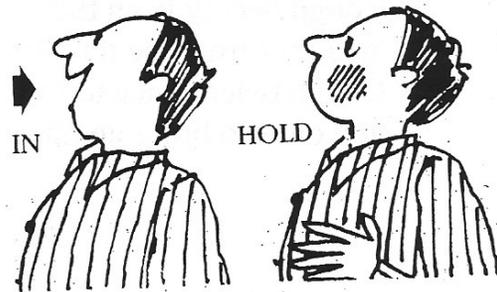


Correct Deep Breathing and Coughing

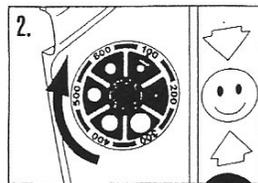
Deep Breathing keeps your lungs working properly

- ✿ Breathe in as deeply as you can
- ✿ Hold for 5 to 10 counts
- ✿ Repeat 5 times every hour

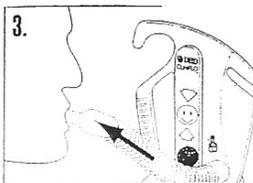


Incentive Spirometer helps you take long
Deep breathes to prevent lung problems

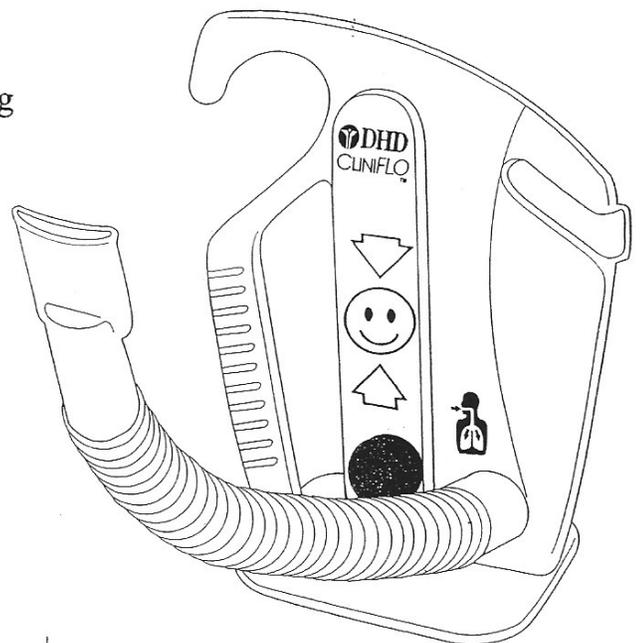
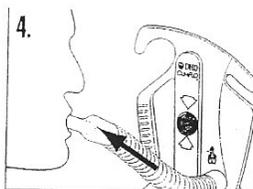
- ✿ Have the nurse set the dial on the back of the unit to the desired flow rate



- ✿ Place mouthpiece in mouth
- ✿ Inhale slowly and deeply, keeping the round yellow indicator behind the happy face between the arrows



- ✿ Inhale as deeply as possible, when you can't inhale any more, hold the breath for 5 seconds before exhaling normally
- ✿ Repeat 10 times every waking hour.



Coughing clears the fluid from your lungs

- ✿ Hug pillow firmly
- ✿ Breathe in deeply
- ✿ Cough deeply from the stomach area (not from the throat)
- ✿ Cough twice (once to loosen mucus and once to bring up mucus)

