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
• Breath in deeply
• Cough deeply from the stomach area (not from the throat)
  • Cough twice (once to loosen mucus and once to bring up mucus)