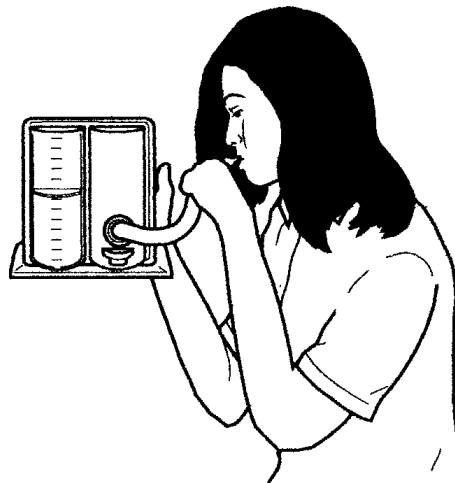


Incentive Spirometer

An incentive spirometer is a device used to help you take deep breaths. This opens the air sacs in your lungs to keep your lungs healthy.

How to use the incentive spirometer:

1. Hold the device straight up in front of you.
2. Breathe out.
3. Close your lips tightly around the mouthpiece.
4. Inhale slowly and deeply through your mouth.
This slow deep breath will raise the piston as the air sacs in your lungs open.
5. When you feel you cannot breathe in any longer, take the mouthpiece out of your mouth.
6. Hold your breath for 3-5 seconds then breathe out slowly.
7. Breathe normally for a few breaths and let the piston return to the bottom of the chamber.
8. Repeat this 10 times. If you feel dizzy, slow your breathing down.
9. After you take the 10 deep breaths on your incentive spirometer, cough. This may remove secretions that build up in your lungs.
 - **If you have had surgery on your chest or stomach,** hold a pillow or folded blanket over your incision. You will have less pain when you cough.
10. Repeat these steps every 2 hours or as directed.



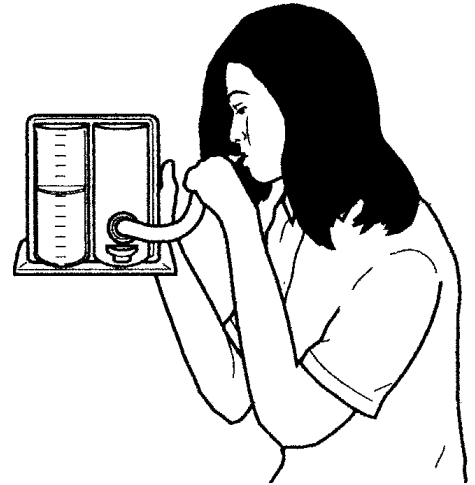
Talk to the staff if you have any questions or concerns.

自誘性呼吸訓練器

自誘性呼吸訓練器是用于幫助您進行深呼吸的一個裝置。它打開您肺中的氣袋，使您的肺臟保持健康。

如何使用自誘性呼吸訓練器：

1. 將裝置在身體前拿端正。
2. 呼氣。
3. 咬住咬嘴，閉上嘴唇。
4. 用嘴慢慢地深吸氣。這種慢慢的深呼吸在肺部氣囊打開時將抬升肺瓣。
5. 當您覺得不能再吸氣時，從嘴裡取出咬嘴。
6. 屏息 3-5 秒鐘，然後慢慢地呼出。
7. 正常呼吸幾次，讓肺瓣返回肺腔底部。
8. 這樣重複 10 次。如果您覺得暈眩，請減慢呼吸。
9. 在用自誘性呼吸訓練器作了 10 次深呼吸之後，請咳嗽。這樣可除去在您肺中積聚的分泌物。
 - 如果您在胸部或腹部做過手術，在切口處握一個枕頭或折疊的毯子。當您咳嗽時，您就不會那麼疼痛。
10. 請每 2 個小時重複一次這些步驟或按說明進行。



如果您有任何疑問或關注事項，請告知您的醫生或護士。

Incentive Spirometer. Traditional Chinese.

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