

Incentive Spirometer

- Helps to prevent respiratory complications like pneumonia
- How to use:
 - 1) Sit upright, place mouthpiece in mouth
 - 2) Inhale deeply and note rise of piston with each breath
 - 3) Perform ten times followed by a deep cough.
 - 4) Repeat every 1-2 hours or as directed.



How to Use an Incentive Spirometer