

诱发性肺量计

Incentive Spirometer

Use your incentive spirometer, also called a breathing exerciser, to help you take slow deep breaths to open the air sacs in your lungs. This helps to reduce the chance of developing breathing problems, like pneumonia, after surgery.

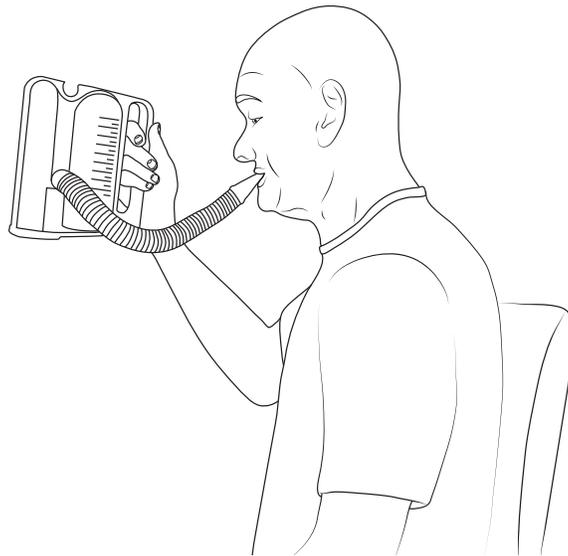
Do these exercises every 1 or 2 hours each day. You will do these exercises in the hospital and for 2 to 3 weeks at home as you recovery from surgery.

使用诱发性肺量计（也称为呼吸训练器），帮助您缓慢进行深呼吸，以打开肺部气囊。这有助于降低术后出现呼吸问题（如肺炎）的几率。

每天练习这些运动1-2小时。在手术恢复期间，您需要在医院和家中进行这些练习，其中在家中需练习2-3周。

Steps for use

1. If possible, sit up straight. It may help to sit on the edge of a chair or your bed.
2. Hold the incentive spirometer upright.
3. Breathe out and then close your lips tightly around the mouthpiece. Take in a slow, deep breath through your mouth.
4. As you take a deep breath, the piston in the clear chamber of the incentive spirometer will rise. Breathe in slowly to allow the air sacs in your lungs time to open. Your incentive spirometer has an indicator to let you know if you are breathing too fast.
5. After you breathe in as deeply as you can, hold your breath for 3 to 5 seconds. Set the goal indicator at the level that you reached.



使用步骤

1. 如果身体允许，请坐直。可坐在椅子或床边缘位置。
2. 垂直握住诱发性肺量计
3. 呼气，然后用嘴唇紧紧含住吸嘴。用嘴缓慢深呼吸。
4. 当您深呼吸时，诱发性肺量计透明腔室中的活塞将会上升。缓慢吸气，使肺部气囊打开。诱发性肺量计上有一个指示器，显示您的呼吸是否过快。
5. 尽可能深呼吸，然后屏住呼吸3-5秒。将目标指示器设置为您所达到的水平。

6. Take out the mouthpiece and breathe out slowly. Relax and breathe normally for a few seconds until the piston returns to the bottom of the chamber.
 7. Repeat these steps a total of 10 times. If you start to feel light-headed or dizzy, slow down your breathing and give yourself more time between deep breaths.
 8. After doing the 10 deep breathing exercises, take a deep breath and cough to clear mucus from 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.
6. 取出吸嘴，缓慢呼气。放松，正常呼吸几秒钟，直到活塞回到透明腔室底部。
 7. 重复这些步骤共10次。如果您开始感到头晕目眩，请减慢呼吸，在两次深呼吸之间留出更多时间。
 8. 进行10次深呼吸练习后，深吸气并咳嗽以清除肺部粘液。
 - 如果您曾接受胸部或胃部手术，请在切口上垫一个枕头或折叠的毯子。咳嗽时疼痛会减轻。

Talk to your doctor or nurse if you have any questions or concerns.

如果您有任何疑问或疑虑，请咨询您的医生或护士。