

Incentive Spirometry

Patient Information



Breathing Exercise after Abdominal Surgery

Breathing exercises are an important part of recovery after an abdominal surgery. After the surgery you may not be able to breathe as deeply as you could before. Not breathing deeply can affect your lungs and may lengthen your recovery period after the surgery.

To help your lungs work properly, you would be given a tool called an 'Incentive Spirometer'. This tool will help you to breathe deeply as well as prevent accumulation of mucus in your lungs.

How is an Incentive Spirometer used?

STEPS:

1. Sit upright and hold the spirometer.
2. Select a level in your spirometer starting from 200 to 1200, by rotating the top of spirometer in a clock-wise direction.
3. Put the mouthpiece between your lips and make a nice seal.
4. Breathe in slowly and deeply, letting your chest expand.
5. As this happens, the ball inside the tube will come to the top. For better results, you would be encouraged to hold the ball at the top at least for 3 seconds with your breath.
6. Slowly let your breath out.

OTHER TIPS:

- a) Initially, set your spirometer with a low level to develop your ease and then you may gradually progress to higher levels.
- b) Rest for a few seconds and repeat all the steps at least 10 times every hour while you are awake.
- c) Pause for a few seconds between exercises. If you start to feel dizzy, slow down and take some normal breaths. Then continue using the incentive spirometer.
- d) After you do 10 breathing exercises, hold a pillow against your surgical wound, take a deep breath and give a strong cough. This will help clear mucus from your lungs.